Students have fun at Snowfest, see page 10, 11

Dan Patterson accepts cheque, see page 20

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NIAGARA NEWS

VOLUME 27, NO. 10 —FREE— FEB. 7 1997

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Attacker escapes

By RICHARD MANCUSO
Staff Writer

A female Niagara College student was attacked while walking to her vehicle Thursday, Jan. 30.

The 26-year-old Continuing Education student was walking through parking lot B, at the Welland campus, at 10:15 p.m., when a white male grabbed her around the waist. The student elbowed her attacker in the stomach and struck him to get away.

The attacker ran off in the direction of After Hours. The attacker is described as a five-foot-seven-inch tall white male with dark hair and a medium build, wearing a brown coat.

"The student had been attending class that evening. She had dropped off some materials in the main complex and was returning to her car when the attack happened," said Rick Demers, supervisor of Health, Safety and Security.

Demers said this is the first attack of this nature he has heard of in the 2 1/2 years he has worked at the college.

Niagara College President Dan Patterson said the faculty is "very concerned."

Patterson emphasized the college's car walk program and encourages people to use it.

He said the college is "putting measures in place to ensure a safe learning environment." He asks everyone to be alert to this kind of unacceptable behavior and to report it whenever observed.

Heather Hodgson, co-ordinator of the Law and Security Administration program, said there has been an increase in the use of the car walk program, but not much of one.

"A scare like this will probably increase the number of people who ask to be walked out," she said.

The investigation is on-going.

Food, fun, friends around the college

Jay Nicks, 25, a Mechanical Engineering program student, devours a bowl of chili during the Snowfest eating contest. Inset: During the tug-of-war competition, the Horsemen fiercely yank the rope. For more coverage see **IN THE SPOTLIGHT** on pages 10 and 11.

Photo by Brad Moscato, Inset Photo by Adam Kieswetter

Niagara draws more students

By BRAD MOSCATO
Staff Writer

Enrolment at Niagara College is up again.

There were 5,028 full-time students registered in college programs as of Jan. 10, up from 4,894 at the same time last year.

Overall, colleges across the province have seen a one per cent decrease in enrolment figures.

"We're doing a really good job at marketing our products and services," said Niagara College President Dan Patterson.

Patterson credited part of the increase in enrolment to the development of self-sufficiency in college programs.

"Niagara College recognizes self-employment as an important option students have to look at," he said.

Almost all of the college's post-secondary programs have an element of practical, hands-on work experience as part of their curriculum.

About 1,200 students work almost 220,000 hours annually in unpaid work placements throughout the Niagara community. And, about 16 co-operative education programs are offered, with paid work terms.

"Niagara has designed new programs to meet job-market standards and continues to redesign existing programs," said Al Vaughan, college registrar.

In spite of its considerable growth over the last few years, Niagara College remains committed to maintaining its size. The reason is simple: "quality education," said Patterson.

"In all likelihood, we must stay a medium-sized institution to provide quality services," said Patterson. "This is more diffi-

(Continued on page 3)

Snowfest rallies school spirit

By BRAD MOSCATO
Staff Writer

There's a growing sense of community at Niagara College.

Forty-two students recently participated in Snowfest activities, ranging from an air band contest and Nintendo competition to a scavenger hunt and volleyball tournament.

There was plenty of snow for the annual winter extravaganza at the Welland campus. The college community experienced a vibrant atmosphere, something it has lacked for a good part of the 1996-97 academic term.

"I think school spirit is all right, but it needs to thrive a little bit more," said Joe Habib, Student Administrative Council (SAC) vice-president of athletics.

Habib said he is planning various events to increase student participation in SAC-sponsored initiatives for the rest of the academic term.

Niagara has had some difficulty maintaining school spirit in the past, but SAC members say that is changing.

"Snowfest went really well. We hope students continue to get involved in the extracurricular activities offered to them," said Leeann Setchell, SAC vice-president internal.

Setchell stressed the importance of students combining academic studies with campus events so their stay at Niagara is "even more enjoyable."

Despite SAC's commitment, participation in extracurricular and other campus activities tends to be

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CAMPUS

Niagara College videographer Nfld. bound

By KERI-LYNN SMITH
Staff Writer

Niagara College, the proud mother bird, watches as another of her babies takes flight.

Peter Raymond, 23, a talkative third-year Broadcasting-Radio, Television and Film (BRTF) program student, is spreading his wings in Newfoundland, where he's just been hired full time at CJON TV in St. John's.

He says Niagara College has helped to make him "multi-talented," and therefore he'll be able to fulfil his position as videographer at the station. A videographer combines a reporter and a camera person, thus eliminating one position. This equals a "more efficient news team," Raymond says seriously.

He worked at CJON TV part time before college. The station has been "good to me," he says.

He wants to do his month-long work term at CTV, and CJON has agreed to let him leave temporarily to complete it.

The college has been flexible as well. He says he's been given a lot of leeway, and it helps that third-year classes "aren't structured."

He does, however, "still have the same responsibilities as other students," he says.

"The (BRTF) department has been great. They take care of their students."

He says he likes all the teachers, but notes Tom Pagonis, the recently-retired Tony Adams, and Brian Green, as ones who've had the most positive influence. He says they all take "a genuine interest" in students.

"Brian Green's journalism class taught me how to write," he says.

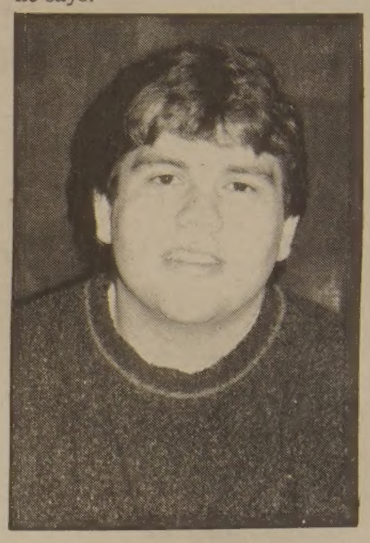
He explains part of writing involves being objective and presenting both sides of the story. The media has to be "very careful" how they write scripts. "I don't agree with slandering people," he says, adding, if you accuse someone of something you have to have the facts to prove it. Otherwise, you could ruin lives, he says.

And life is what the news is all about.

CJON runs an hour-long news program. Because the show is family-oriented, Raymond says, the station has to be careful and respectful when airing such items as accidents and crime. Yet there's still a "responsibility to inform people as a broadcaster," he says, adding, if events affect people, "they have to know."

Grinning, he describes St. John's as "homey," and says "everyone knows everyone."

The station is "very conscious" of viewer reaction, he says, although people are more likely to let it be known when they're upset, rather than when they're pleased. In a small community, a person doesn't get "lost in the shuffle" as easily as in a larger one, and "you get to know people on a first-name basis," he says.



PETER RAYMOND

He gets "a sense of accomplishment" when he knows he's done a good job, especially if it ends up being one of the lead stories, he says, with a gleam in his eye.

He says his favorite part, shooting, "is a creative medium"and he has to challenge himself "every day."

"The reporter depends on you to make it work," says Raymond. He says it's the camera person's responsibility to get a shot that tells the story.

His interest in television, dating back to when he started to volunteer at a local cable company at 14, is sparked, in part, by what he calls "immediacy.

"Every day is different," he says. "I get to be a part of history, learn more about stories and meet a lot of interesting people."

Raymond will be visiting Niagara College again in April.

Chefs can show off

By GRETTA ROSSI
Staff Writer

Niagara College's Showcase of Chefs is a series in the making.

The Maid of the Mist Centre in Niagara Falls hosted a special dinner in the Kerrio Room on Jan. 27.

The Showcase is an opportunity for some of Niagara Region's popular chefs to prepare their signature dinners with the help of students.

The four-course dinner was prepared under the supervision of Chef James McLean from Kat's Fourth Avenue Steak & Seafood Restaurant in St. Catharines.

The dinner included a special wine-tasting reception by Sunnybrook Farm Estate Winery, which also provided a special dessert wine for the evening.

"The Showcase," said Mark Hand, manager of food and beverage services, "offers a three-fold opportunity: one, it's a nice way for students to see what's going on in the industry; two, the chefs get the opportunity to prepare their signature dinner; and three, it shows off our facilities at the college."

Reservations are recommended as seating is limited. For showcase information and reservations, call (905) 374-7454, ext. 3602 or fax (905) 374-1116.

Smart Cards find LRC

By DEBRA BRIGHT
Staff Writer

Copying has never been so easy!

One of the newest additions at the Learning Resource Centre is the Smart Card, which is already being used in the open access lab (S109).

Smart Cards are on sale at the LRC for $1 and are formatted for 10 pages of copy.

All you have to do is swipe the card through the laser printer, then the requested copy will be printed. When used up, a machine in the open access lab will add more copies to the card on a pay-per-use basis.

In December, the reference area of the LRC acquired five new CD stations, as part of a plan to meet with the increasing technological needs of students.

Used for searching databases, each of the stations, except for one, are linked on a computer network and print to a laser printer.

Information from any of the terminals can also be downloaded onto a 3.5-inch floppy disk, which can be purchased for $1.

Every station is numbered, and when using the laser printer, you have to indicate the number of the station.

On Jan. 31, a new CD tower and two full-text databases were installed in the reference area.

Canadian Business and Current Affairs and Canadian Business Trade and Technology were added to the database collection, which includes Academic Abstracts, Health Source and the Canadian Periodical Index. The Canada Phone Book is on the stand-alone station.

A portion of the funds, collected by the Student Administrative Council when they implemented the student technology fee last September, made these additions possible.

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Culinary Skills program one step towards chef-dom

By HEATHER HUNTER
Staff Writer

First, there's theory. Second, there's practice. Third, we eat!

Cheryl Sutch, 22, of Welland, is in her first year in the Culinary Skills program at Niagara College's Maid of the Mist Centre in Niagara Falls.

She said the program teaches the development of food and proper cooking techniques, as well as different cooking theories.

The lab studies include an introduction to about three recipes in which the cooking teacher, David Gibson, demonstrates how to prepare and cook each recipe.

After the demonstration, Sutch and her classmates prepare the recipes, keeping in mind presentation, accuracy, cuts and theory.

In her baking lab the same process is followed, but it involves baked goods, taught by baking instructor Stan West.

Sutch also studies kitchen management learning Lotus on the computer, history of food, and where culinary studies began.

At the end of her second year, Sutch said she would like to take a 17-week baking program to earn another diploma. "It will hopefully open more doors for me and give me more options to work with."

'You have to put together three meals at once and constantly worry about timing.'

Sutch said she prefers baking to cooking. "It's more relaxing and you can be more creative." She added, "With cooking, there's more to worry about. You have to put together three meals at once and constantly worry about timing."

She said her teachers are "great and extremely helpful," although she sees a few loopholes in the overall program.

CHERYL SUTCH

Sutch said she wishes there was a first-year co-op placement during the school year so she could gain more experience. "When you're finished school, in order to get a job, you need a tremendous amount of experience. One year of co-op placement in the second year of the program isn't enough."

She said, "I have to support myself. I can't get experience in culinary working for minimum wage, when I could be working where I am now making good money, but gaining no experience."

She said it would be easier to gain the experience during the school year.

Sutch said when the Culinary Skills program is finished, she is still "miles away from being a chef." In order to accomplish that status, she said she must work 6,000 hours (three years) in all different areas of cuisine.

Sutch said her dream is to travel to Italy and work with the chefs there or perhaps work on a cruise boat or at a travel resort.

First priority to represent students, says Mayville

By HEATHER BURTON
Staff Writer

This is the fifth in a series of articles featuring members of the Niagara College Board of Governors

Tucked in a tiny conference room with a view of the courtyard, the Niagara College Board of Governors' student representative talked about the college.

With coffee in hand, Melody Mayville said she brings the student perspective to the board. "My first and foremost priority is as a student," says Mayville.

The second-year Legal Assistant (Co-op) student was "introduced to the concept of student governor by Lou DiMattio" (the Student Administrative Council (SAC) liaison).

DiMattio says Mayville "is very astute, well spoken." Mayville recently participated in a panel discussion "and presented herself in a business-like manner and performed admirably."

Mayville says being on SAC "sparked her interest."

Being part of discussions setting college policies regarding students is something Mayville says she enjoys about being a governor.

Mayville says the subject matter discussed at the board is "great. We're kept abreast of everything. I have a far greater knowledge of the school than I would just as a student."

Various developments at the college are "wonderful." She cites the new campus, the reorganization of the financial office and the registrar office, "making them more accessible to the students" and the new residence as developments that excite her.

MELODY MAYVILLE
Photo by Communications and Planning

"The residence is terrific for students. It will bring Niagara College a selection of students who would not have been able to be here otherwise."

On the new Glendale campus in Niagara-on-the-Lake, Mayville says, Niagara College is fortunate. "Other colleges are utilizing old space and we're getting a new building built. The changes I've been able to see have all been positive."

As a student representative, Mayville, of London, Ont., is required to sit on one committee rather than two. She sits on the Board Evaluation Committee evaluating presentations to ensure board members are meeting the committee and presentation objectives.

Niagara College President Dan Patterson "is hard working, knowledgeable and personable and brings so much to the school," says Mayville.

"The biggest reason I like (being on the board) is because of the other people on the board. They give me credence and credibility. It makes me feel that what I say is of interest to them."

Trading books for canoe

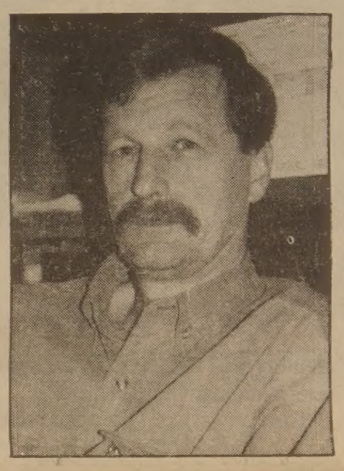
By KERI-LYNN SMITH
Staff Writer

One of Niagara College's instructors will be trading in his chalk for a computer keyboard for a while.

Brian Green, a recognizable face in the halls of the Welland campus, will be leaving his teaching post in the Broadcasting-Radio, Television and Film program, to take a temporary leave of absence. He'll be spending the next school year writing, travelling and fishing.

Green has already written text books, two of which were co-authored with Sarah Norton, of Centennial College in Scarborough. This time, however, he has some fiction writing in mind, possibly a thriller.

He said he wrote a thriller a few years ago, and he's considering reworking it, although he doesn't like the editing process.



BRIAN GREEN

"It doesn't matter to me if it gets published or not," he says, adding he just wanted to be able to say he'd done it.

"I told myself I had to write four pages a day. If I wanted a day off, I'd force myself to write eight pages" the day before or after. That method paid off.

He says in no time at all he had written a novel. He's considering writing a whole new book too, he says.

Maybe he'll find inspiration in the play portion of his time away from the college.

He plans on trudging across Algonquin Park "from west to east."

When students return to school next September, Green wants to be "in the middle of Algonquin. You can all think of me," he says laughing.

He'll head out when school finishes for the year, dragging his canoe behind him, with the occasional pit stop to catch a fish or two.

A pit stop in Europe is a possibility for Green as well. "It's not for sure, but I'd like to try to go there in spring of '98."

St. Catharines mayor applauds achievements of the college

(Continued from page 1)

cult if you grow too big, too fast."

The college is an "essential" part of life in the Niagara Region, as a quick glance at local newspapers makes clear. Administrators at the school are proud of the school's marketing ability.

"Getting your name out and letting people know you exist is important," said college liaison officer Randy Conlon.

With programs that attract more and more students from outside the Niagara Region, the college continues to gain wider recognition. About one-third of the college's students are from outside the area.

"Many students come from outside the region because of the unique programs offered here," said Vaughan.

St. Catharines Mayor Al Unwin said he applauds the achievements of the college.

"Niagara College is an integral part of Niagara Region's community," he said. "The programs they offer certainly give students significant opportunity."

When the student residence is erected in September, enrolment figures are expected to increase.

The college could see numbers continue to escalate slightly with the new residence because of the options students have, said Patterson.

"We want our students to succeed and that shows with a combination of excellent programs, and quality staff, faculty and student services," said Vaughan.

Niagara focuses on international recruitment

By BRAD MOSCATO
Staff Writer

International recruitment was the focus at Niagara College on Tuesday.

Mark Romoff, Consul General of the Canadian Consulate General in Buffalo, N.Y., met with Niagara College President Dan Patterson, some college faculty and a few organizations that provide internships for the college's international trade students throughout the afternoon.

The meeting, held Feb. 4 at the Welland campus, involved three areas of focus:

• to provide an overview of programs and services offered by Niagara College and the role the institution plays in the economic life of the Niagara Peninsula.

• to introduce Romoff to the college's International Trade students.

• and to share how the college is positioning itself in international student recruitment training opportunities.

A component of the day's agenda was directed at the recruitment of foreign students.

Niagara College continues to emphasize the importance of international students and the role they play at the school. On-going efforts to bring a base of foreign students to Niagara enables the students to experience "very solid programs, which is very important.

"But equally, if not more important, it is an opportunity for the Canadian student body to spend some time with other students," said Romoff.

Students who have a similar commitment to learning, but have entirely different perspectives, backgrounds and countries, have a "unique opportunity" to share their insights.

Romoff recently served in Latin America and Japan, and said the countries have "an interest in Canada and the Canadian lifestyle."

"They have an interest in studying at Canadian colleges and Canadian universities. I am very keen in assisting Niagara College in developing strategies to attract international students."

Niagara is an "essential" part of life in the Niagara Region and almost all of the college's post-secondary programs have an element of practical, hands-on work experience as part of their curriculum.

"There is a real vision at Niagara College that is predicated upon an entrepreneurial spirit," said Romoff.

If Canada is to make the economic progress that it has to as a country, then it will be entrepreneurs who make it happen, he added.

Craig Edwards, placement coordinator of the college's International Trade program, recruits businesses which are willing to participate in the development of students through internships.

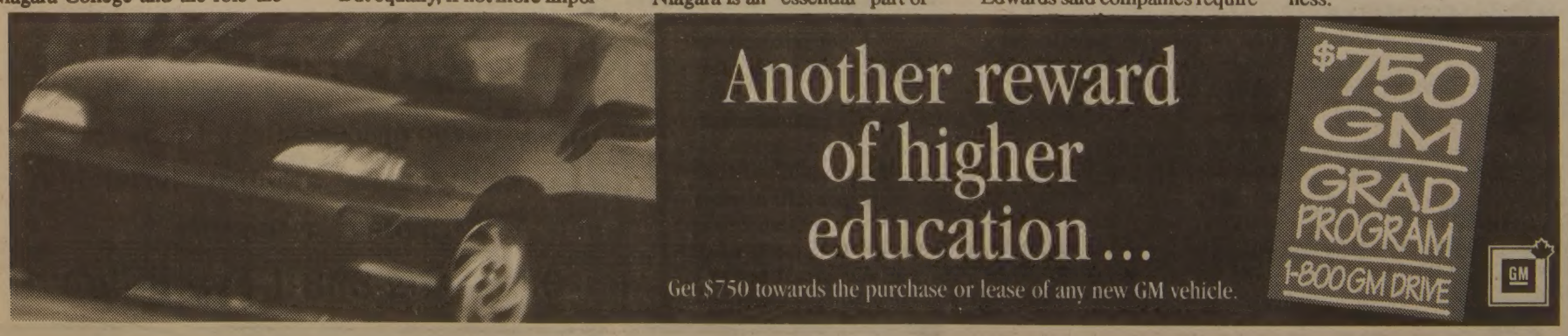
Edwards said companies require people involved in international trade, and they are looking for students with the appropriate background.

"Canada's economy is built on exports. Students must be able to perform globally," he said. "They can't be afraid to go into other countries. Our students are preparing companies for the global market."

The Ontario government is providing "many opportunities" for the college in terms of business possibilities, said Romoff.

"The Tories are very aggressive when it comes to providing a climate where business can thrive.

"Ontario, as a province, is very attractive for U.S. countries who are looking to expand their business."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2,000 athletes win at Special Olympics

80 countries are competing

By DEBRA BRIGHT
Staff Writer

Welland's Hungarian community welcomed its Special Olympic athletes by hosting a luncheon in their honor at the Hungarian Hall on Jan. 30.

The event was organized by the three Hungarian church groups in the city.

In attendance at the luncheon were Reverend Maria Papp from the Hungarian Presbyterian Church, Father Eross of Our Lady of Hungary Roman Catholic Church, Father Deak of St. John the Baptist Greek Catholic Church and parish members.

Accompanying the 10-member Hungarian team are family, friends, three delegates and a three-member television crew, which includes 43 people.

Dr. Reverend Pandy Laszlo, general secretary of the World Alliance of Hungarians, was responsible for looking after the team during its stay in Canada.

The athletes toured the Welland community, Niagara Falls and the Hungarian Cultural Centre in Toronto.

The 1997 Special Olympics World Winter Games kicked off on Feb. 1 in Toronto and Collingwood, Ont.

Opening ceremonies for the eight-day event took place at Toronto's SkyDome on Feb. 1.

More than 2,000 athletes from 80 countries are competing in the multi-sport event.

The Hungarian contingent of Special Olympic athletes, with their family, friends, delegates and coaches, were the guests at a luncheon at the Hungarian Hall on Thursday, Jan. 30.
Photo by Debra Bright

The Hungarian contingent is competing in the alpine skiing, floor hockey and speed skating.

The Special Olympics is a year-round program designed to provide training and competition for athletes with mental disabilities.

The first Special Olympics were held at Chicago's Soldier Field in 1968.

Apply for financial awards by April 1

By JENNIFER ELLIOTT
Staff Writer

You could be eligible to receive an award or scholarship.

Applications for the 1996/97 academic year are available in the Admissions and Financial Aid office at each Niagara College campus.

To apply for an award, you must meet the criteria specified, and you must be currently registered in a post-secondary program.

The Penny Arsenault Memorial Scholarship is one of the nine awards available. It offers a $200 credit toward fees for a returning student who has made an exceptional contribution to student life at Niagara College.

Each application includes general information and requests an explanation of why you feel you meet the criteria of the chosen award. Your application will not be considered without it.

All applications must be submitted by April 1 to the Financial Aid office.

Notification regarding the status of your application will be given in writing by the end of June.

Pelham Care volunteers take time to help community

By ADAM KIESWETTER
Staff Writer

There are some seasoned members of the community who do care.

In fact, there's a whole group of caring Pelham area volunteers willing to lend a hand whenever needed.

Whether it's to help a senior or a disabled person, or just someone who needs a shirt on his back and a bite to eat in time of emergency, the devoted members of the Pelham Cares group want to help.

The group's members are mainly seniors, who, since 1983, have been helping the elderly and disabled get to doctor's or physiotherapy appointments, visiting and aiding those confined to their homes, and organizing community food drives.

But their goodwill doesn't stop there, says group chairperson George Prins.

"We're also helping babysitters learn how to properly babysit, by teaching teens and giving them a proper knowledge of babysitting," says Prins, adding those in the class need a passing 75 per cent average in the six-week course.

He says Pelham Cares is "an important group. These drivers make a big difference, and they see what they do as a treat for themselves, especially when they're helping the older people."

'We have a lot of clients...' -Kowalski

Prins has been chairperson for about 12 years. "I really enjoy working with people, especially the seniors. I've really gotten to know a lot of them."

He says the group benefits those who need the help, but also retired persons and seniors within the Pelham Cares group who volunteer because "we have the time to do all this."

Prins says financial help is provided by local churches and groups like the Lion's Club.

However, as a result of increasing community demand, Pelham Cares needs more volunteers.

"We organize about 40 or so rides every month, and right now there's a crucial shortage of people helping," says Prins.

Anne Kowalski, the group's coordinator and receptionist, a senior who is handicapped, says there are "certainly more people now (using Pelham Cares) than there was a few years back."

"We have a lot of clients, and there are more calling every day. It's quite something. They're slowly becoming aware of us."

"I think it's a great organization," says Kowalski. "We do our best to help the seniors and everybody in the Pelham area."

If you could use a helping community hand, or would like to join the Pelham Cares group, call 892-5300, 10 a.m. to 4 p.m., weekdays.

♥ Next Edition is February 14th ♥

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STUDENT REPRESENTATIVE

to sit on

NIAGARA COLLEGE'S BOARD of GOVERNORS

Counsellors ready to assist students' needs

By MELISSA LABBE
Staff Writer

For students experiencing problems, counselling services are available at Niagara College's three campuses.

The counselling offices have qualified staff ready to help students work through their personal, financial, career and academic problems.

"We want to offer a place to share problems and work off grief," says Emmy Montemurro-Baxter, 34, of Niagara Falls.

Montemurro-Baxter, a counsellor at the Welland campus, says students can talk to counsellors for a wide range of reasons. "Anything that is a concern to students is worth coming in to discuss."

In reference to the recent tragic death of Social Service Worker program student Katie Jane Brown, Montemurro-Baxter says, "If a program suffers a tragic incident, students should know they are welcome to contact the counselling department to see what it offers that is appropriate."

She says students should know there is a "quiet room" in the Health Services department in the Simcoe building at the Welland campus for students who "want or need a quiet moment."

Students can make an appointment during the office hours: Monday through Friday from 8:30 a.m. to 4:30 p.m. However, Montemurro-Baxter says, counsellors do make allowances for drop-in appointments.

"We try to accommodate students' schedules."

Prospective students also can use the counselling services. But Montemurro-Baxter says these are mostly mature students. Prospective students are those who are not attending the college but "want to know about (its) programs," she says, adding this counselling "takes up a lot of time in the summer."

Prospective mature students can also take tests "to determine if academics are acceptable," says Sandra Martin, counselling assistant.

A high enough score on the mature-student test allows someone to apply to college without having graduated high school.

Counsellors assist

The counsellors on hand throughout the year come from "different backgrounds." Montemurro-Baxter called the five full-time counsellors at the Welland office "an eclectic group."

She says their backgrounds vary in fields of study from education to sociology.

Montemurro-Baxter graduated from Niagara College's Early Childhood Education program in 1981. She studied at the University of Toronto to earn a bachelor of psychology in 1985 and then went to Niagara University in Lewiston, N.Y., to earn a master of education in 1991.

Since 1991, she has worked "on and off" at the college.

For students unsure of what career to pursue, the counselling services offer an extensive resource base to help with the decision-making process. Personalities and interests are defined through career and personal assessment tests such as True Colors, career assessment inventory and the Myers-Briggs type indicator.

Some fees apply to the tests.

More specific resources available are career profiles; Ontario Student Assistance Plan applications; study skill handouts; and college and university calendars and application forms for American, Ontarian and other provinces' colleges and universities.

One of the projects Montemurro-Baxter is involved in is designed not only to help students while they are at the college but also to help them stay in school. To increase student retention, she will be keeping track of some students to see if they get the support they need to stay enrolled.

Counselling offices are located at SE102 at the Welland campus, SC207 at the St. Catharines campus and through the main office at the Maid of the Mist Centre in Niagara Falls.

Resources for abuse, sexual assault victims

By SAMANTHA GOLDWIN
Staff Writer

It's abuse or assault when a man hurts or threatens a woman with whom he has a relationship.

Assault, including sexual assault, is against the law.

A domestic violence fact sheet, issued by the Niagara Regional Police Services, offers some guidelines to help define such situations.

- Wife abuse also includes emotional abuse. It can include insulting a woman, treating her badly in front of others and controlling where she goes and what she does.
- Abuse is occurring to women everyday, young, old, pregnant and elderly. Abuse can start with a slap and end in murder.
- A woman may stay in these relationships for such reasons as she fears for her life. Her partner threatens to hurt her or kill her if she tries to leave.
- She feels responsible for keeping the family together.
- He promises to never beat her again, and he begs her to believe him.

A woman cannot stop a man's violence. A man is responsible for his own behavior.

In the Niagara Region, there are resources for women, men, the elderly and children when there is abuse, assault, sexual assault and violence.

Some regional contacts are:

- Women's Place (905) 684-8331
- YWCA (905) 934-9023
- Niagara Regional Sexual Assault Centre (905) 682-7258
- Design for a New Tomorrow (905) 684-1223
- Women in Crisis (905) 356-5800
- Women's Place - Welland (905) 788-0113
- The Men's Group - St. Catharines (905) 684-1223
- WAVE Assault Helpline - Fort Erie (905) 871-1122

Women have the right to say no

By SAMANTHA GOLDWIN
Staff Writer

A person's body is violated. The victim lives in fear and pain.

"In most cases, women are the ones who are being abused, whether it be domestic violence, date rape assault or sexual assault," said Marsha Sfier, executive director of the national community-based *Education Wife Assault* organization.

Metro Convention Centre in Toronto was the venue for the first Women's Health Matter Forum and Expo, on Jan. 24 and 25.

Women were able to learn more about their health and overall wellness through a combination of speakers, seminars, workshops, personal consultations and exhibits.

Some of the seminars included: Heart Smarts for Women: An Update on Heart Attack Prevention; The "Black Dog": Women and Depression; Breast Cancer: A Progress Report; and The Good Sex Guide, among other topics.

On Jan. 25 two speakers discussed what to do when you think someone is being abused. They outlined the warning signs of abuse and offered guidance about when *and how to safely intervene.*

"One in four women has been the victim of rape or attempted rape," Sfier said. "A woman, who is sexually assaulted, knows the man who attacks her."

Mary Neill, R.N. nursing director, Health Watch program, Women's College Hospital of Toronto, said, "There is still the dangerous myth that if a woman agrees to any kind of sexual contact, like kissing or petting, she has agreed to go all the way. This kind of blaming the victim makes many women hold themselves responsible for being sexually assaulted. This increases the isolation and trauma of sexual assault."

Date and acquaintance rape can happen to any woman. It is never the woman's fault.

"Know that is your right to decide *whether, when and with whom* you'll have sex," said Sfier.

A person's body is violated

Neill agreed saying, "It's your right to set limits on what happens sexually. It's your right to say no even if you've been attracted to someone or previously had sex with them."

Plan to attend March's Presidential Advisory Forum

By JHIM BURWELL
Staff Writer

Holding the first meeting of the Presidential Advisory Forum in the first week of March is on schedule.

The next planning meeting will be later this month to decide on a list of probable agenda items.

The Forum is to offer a chance for anyone in the college community to be involved in open discussions concerning college policy and practices.

The subject matter will decide "how we will set up the forum," said Niagara College President Dan Patterson, adding the discussions will centre on "issues of concern that impact the college community."

"We want it to be as informal as possible," said Patterson, in hopes that more people will participate.

Patterson said that among Ontario colleges, one-third have councils that work well, one-third have "so-so" reception for their councils and one-third have nothing.

The agenda for each Niagara-based meeting will be decided in advance but there will be time left for the audience to raise issues.

"The core of the meeting should be from the agenda," said Patterson.

"I should be able to respond on my feet," added the president with a smile.

The problem, Patterson said he sees, will be "facing the dilemma of getting people to participate."

"People are spread so thin, it's hard to get them to commit."

College seeks new executive director of fund-raising

BY JHIM BURWELL
Staff Writer

Wanted: executive fund-raiser — connections and personal fortune an asset.

A special selection committee, made up of Niagara College administration and representatives of the Board of Governors, is looking for a new executive director, development to raise the last $3 million in the Capital Campaign.

The group consists of Keith Dill, chairman of the Niagara College Foundation; Don Johnston, interim CEO of the Foundation; Lewis Silvestri, coordinator of alumni for the college; Ian Hennessy, chair of Board of Governors; Sue Arnold, the vice-chair of the Board of Governors; Carol Boettcher, vice-president, community and learner services; and Dan Patterson, president of Niagara College.

They are looking at a "good pool of candidates," said Patterson.

Thirty applications had been received when the interview process started the last week of January. Some applications arrived after the official deadline.

The second round of interviews has begun.

The person chosen will have "a proven track record in fundraising, strong community contacts and an established network," said Patterson, adding the candidates have shown "strong experience based in different sectors."

Experience with institutions, such as hospitals, is important because it parallels the college's needs, said Patterson.

Patterson said the committee's goal is to have the new Executive Director of Fundraising in office before Johnston's contract ends March 31. Johnston was contracted when Larry Naftulin left the position of Niagara College Foundation chief executive officer last August.

The start date will "hopefully" include a transition period when the incoming director will work with Johnston to "learn the ropes," said Patterson.

The college's Capital Campaign is still trying to solicit large donations, but most of the expected major contributions have already been given. The new director's goal will be to raise the last, "tough" $3 million, said Patterson.

The "focus of this person will be to restart the community campaign." A cabinet will be established from citizens in each community to develop a fund-raising strategy aimed at the different groups in their communities. It is a "call to arms," said Patterson.

Another tool the new director will have will be the call centre in Hennepin Hall at the Welland campus. It can be used to "reach out to the community," calling prospective contributors and alumni.

EDITORIALS

The Niagara News is a practical lab for the **Journalism-Print program, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara News or the administration of Niagara College. P.O. Box 1005, 300 Woodlawn Rd., Ontario L3B 5S2. Phone (905) 735-2211/ 688-1380/ 384-9760/ 382-2383/ FAX (905) 735-7669.**

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Stop harming others

Alfred Nobel invented dynamite to use in the mines. Marie and Pierre Curie discovered radium for X-rays as their contribution to the development of science. And there are people who are using these inventions to destroy peace in the world.

Many countries' leaders have spent too much time making powerful weapons with which to threaten neighboring countries. As a result, this world have gone through the wars — from the First World War to the Bosnian War. Their justification is protection of their territorial borders.

Throughout the 20th century, computers became vital to modern civilization. You can communicate with anyone in the world and get all the information you want through the Internet. You can see what is happening in any corner of the world. It is impossible to imagine the world without computers.

But computers have been used to spread pornography and racism, to commit crimes and to promote terrorism. There are web sites showing how to build bombs from household materials.

Humans have created the technology and then abused it. Whenever scientists discover a new material or invent a new ability, it seems natural to consider what would happen if it were abused. Humans have conferred these precious inventions on detracting from the development of their own civilization.

But why do they have to abuse all the opportunities of civilization? The reason is simple: egotism. People consider how they personally can benefit, but they fail to that what benefits them harms others.

Is this a desirable trend to pass on to following generations?

If people don't stop harming each other, it may destroy future generations.

Stella-Kim Carey

Liberals should act now

Canada used to be one of the most respected countries in the world.

Seen as a major peacekeeper in world affairs, Canada always had a presence at any major international scuffle and did its best to show dignity and make its peaceful intentions known.

Now, with all of the trouble Canada has been having in the public eye, we are losing our former image and being perceived as hypocrites.

From our unruly soldiers (huge understatement), our provinces seeking separation, and now Nazi war criminals being found in our own backyard, Canada's reputation is getting some ugly smears.

"What?" you ask. Nazi war criminals living in Canada? Surely you jest. But we don't. Every word is true.

Canada — one of the most prominent of the allied forces to fight the Nazi machine in the Second World War — has one of the largest numbers of suspected Nazi war criminals living within its borders.

In fact, this problem, which many Canadians don't even know about, was brought to the attention of North America by an American news program 60 Minutes. In this program, Canada was criticized for its failure to pursue these suspected criminals.

If 60 Minutes is correct, Canada should be criticized. Don't get us wrong. We're as patriotic as anyone else and it pains us to agree with anything an American would say, putting Canada in a negative light.

But these supposed criminals must be investigated and prosecuted.

These are people who participated in one of the most horrible atrocities the world has ever known. Why has Canada done nothing? The government knows they are here. Nazi-hunters have sent lists of suspects whose crimes have been documented in books. But, so far only one person has been deported for the crimes.

The federal government must set an example, act now, and show the world Canada isn't hypocritical.

Richard Mancuso

What do you think?

By GRETTA ROSSI
Staff Writer

A little bit of fantasy can go a long way.

Have you ever considered what it would be like to go through life never dreaming about what might have been, what could have have been or what can't ever be.

It's fun to dream.

Until recently, I thought it was impossible not to dream. My sister, of all people took down my theory and told me she doesn't daydream.

How did this all come about you ask: I asked her an innocent question." So what are you thinking?" Apparently, it was a question I had asked once too often.

My asking this question was the final straw and my sweet little sister told me that she doesn't think, doesn't let her mind wander, and doesn't daydream, so stop asking.

I sat in shock. What is life without the means to escape a horrid lecture or a never-ending bus ride, or without a way to while away the hour before you fall asleep?

I took my question to my classmates and was amazed to find that even among some of the most imaginative people I know — writers — there were those who blanked out when they had the chance.

I don't really know what this revelation means in the great scheme of things, except that in the future, I know better than to ask my sister what she is thinking.

What do you think?

Letters to the Editor

Co-ordinator praises article

Dear Editor:

Thanks for a good article on the Office Administration programs in last week's (Niagara News, Jan. 31) newspaper.

The students and faculty all thought it gave a very good overview of the nature of the curriculum, as well as encouraging statistics about placement, wages, etc. (The picture looked good too!).

We appreciate Brad Moscato taking time from his usual "beat" to research the article.

Christine Berkhout
Co-ordinator
Office Administration
Executive
and Office Administration-
General
(Co-op) programs

Cartoon upsets reader

Dear Editor:

This is in response to The Daily Grinder comic strip in the Jan. 31 issue of the Niagara News.

R-E-S-P-E-C-T! Someone should find out what it means to Owen '96.

While going through the Niagara newspaper, I came upon a cartoon insert, "The Lighter Side." In my opinion, the cartoonist, Owen '96, has no respect whatsoever for people!

I assumed "The Lighter Side" cartoon captions were to give readers a chuckle while going through the paper. I did not believe it was to ridicule, or "bash" anyone, (in this case smokers.)

I am a smoker. So are many of my classmates and friends. Not once have we ever begged a teacher for a smoke break, nor have we ever sat around discussing how we love to smoke. (We also don't appreciate being classified as idiots because of the fact!)

I suggest that in the future, you keep "The Lighter Side" exactly that.

Didn't your mother ever teach you (Owen '96) that if you have nothing nice to say — shut your mouth!

Joann Ramier
First-Year Journalism-Print
program student

Your opinions welcome

Your voice or opinion is welcome in our Letters to the Editor section. Our policy regarding letter submission is the following:

1. All letters must be received on the Friday one week prior to publication.

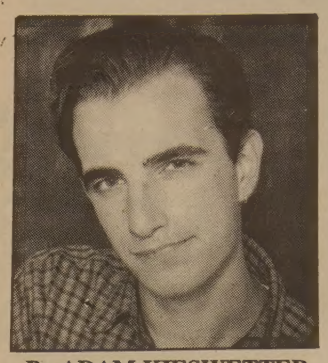
2. Each letter must include the student's name, college identification number and program of study.

3. All letters must be signed and include a day and evening phone number for verification use only.

All letters can be mailed or brought to the Niagara News newsroom, Rm. S212, Simcoe Building, Welland campus.

FROM THE HIP

Indulging in beauty will be my demise



By ADAM KIESWETTER
Staff Writer

I'm sitting in my bedroom. The sun is trying to rise.

There's one of the most heartfelt piano pieces playing on my stereo — so soft and sad it is. I have to stop from time to time just to blink and consider its potential to inspire.

I'm young, like so many of you. I cry very easily, and my bottom lip quivers just a tad when I consider how many of you reading this will stop just because you can't relate to any part of the abysmal emotions that I'm drowning in — the emotions that so often overwhelm me.

Human will, as strong and reaching as the highest mountains, with its potential to inspire and be inspired, is an arcane force of the most divine magnitude.

I'm thinking of transsexuals I saw on a documentary last week. About how outcast and secluded they can become, even from their own family, because those around them can't relate.

The boy featured throughout the episode was debating his embarking on an irreversible journey of esthetic and hormonal change, in order for him to become the self which he truly was. I'm pondering the adversity he'll face in a life which is often already remarkably cruel, even to those who play by the norm's rules.

I'm reminiscing about going to see the famous political guru and columnist, Dalton Camp, who was speaking not long ago at Brock University. When I approached him afterward, I was listening as others questioned him about the specific ailments of our government.

When finally it was my turn to talk to him, I introduced myself and asked: "Mr. Camp, you mentioned the cynicism abounding in our world, and I was wondering, do you think there's any hope? Are we ever going to find the answers to the questions of such a complex world?"

He wasn't phased by the philosophical nature of my inquiry. He said, "Well, there aren't any simple answers to the questions of our world. There aren't any simple solutions. There never are. But that doesn't mean you ever stop looking for the solutions. You just keep talking and discussing. You just can't stop looking and trying.

"It's not necessarily that you have the cure to cancer," he said. "But it's whether or not you can make people listen." I shook his hand. My reply was already being drowned out by the others around him, but he had given me hope, which is all I asked from this modern-day sage of sorts.

Another day, another newspaper, and I stumbled across an article in the Globe and Mail about the "great Canadian poet," Al Purdy, now 78, still kicking out the hard-line poetic prose that made him infamous as a poet with a raw provocative punch.

During the interview, he asks his companions: "Are you for beauty? I'm for beauty. Good. We're on the right side."

I want to be for beauty, and when I ask a dear male friend soon after if he's for beauty, he raises his arms and harmoniously pontificates, "Oh yeah, beauty's all around us, isn't it?"

We're modern men. The night before we had been talking of lost loves when he openly expressed that I'd be perfect for him if only I were a girl. I had to affirm three times I wasn't interested in any sex change operation before he finally dropped it.

But nevertheless, an open, brilliant spirit, full of hope as I am most times, until even hope overwhelms me. This is the beauty of a moment, like being with someone you could adore until the end of time, yet always remaining sullenly apart.

I took this particular subject of my adoration to see a film once, and it was a very emotional piece. As the house lights came up, and we walked closely out of the theater, she told me she couldn't have imagined seeing the film with anyone else.

The humbling beauty of that statement.

Some people told me not long ago, they didn't think a particular piece was for the school newspaper — and I shudder to think I almost agreed.

There's a beauty in all things and I'll not limit any horizon by judging anything appropriate or inappropriate.

While writing a book review, I've come across an old passage the new author has incorporated into his work. The quote is by Truman Capote: "As for me/ I could leave the world/ with today/ in my eyes." And after I've read it over for the 20th time, I realize I've started to weep.

Justifying bias

By BRAD MOSCATO
Staff Writer

The media constitute the primary way the public can find out what is going on in our complex society.

Journalism dates back to the earliest days of Rome, and it has been the focus of arguments about objectivity and fairness ever since. I presume that argument might have been raised at the trial of Jesus Christ and Pontius Pilote when it raised the question: What is truth?

The main question in any journalist's code of ethics should be how to achieve balance and fairness. Like most, we as journalists have opinions.

It simply is not possible for any citizen to be entirely impartial or objective in describing an issue or event. What a journalist must do is recognize personal opinion and step aside from it when reporting and editing. This is called professional journalism.

However, to be professional does not mean to be without opinion. And that is why columnists or opinion commentators state a point of view. The comments are completely acceptable provided the columnist declares his/her bias.

As journalists, we will always be on trial and we will be relentlessly called upon to justify our actions. There can never be a tension-free relationship between the media and various elements of society.

The media, you see, by revealing reality, will always cause sparks and touch nerves. We do not invent the problem, but report it, however distressing those events may be.

I strongly feel independence is a key for all journalists. We must be a fair witness to reality even if some in our society may not like that reality. An important part of journalism is to inform, thereby providing a basis for discussion in the community.

Hold on just a second, though. Most protagonists are not happy when the media have attitudes conflicting with their own. When such instances occur, the perception of bias often arises.

However, part of a journalist's job is to increase public understanding of certain issues and, I understand, this inevitably gets some people riled.

Although news is to be honest, it never is good to bring bad news. However, if we as journalists are to be honest, we must report good and bad news, whether there are conflicting perceptions among those in society.

But when we report information which creates worry and causes tension, we do so for the right reason - we are correctly doing our job of informing the public.

Harris upsets supporters

By OWEN BAGGOTT
Staff Writer

Mike Harris is really just another Bob Rae.

They may have different political views, but looking at the way they ran their winning election campaigns and how Rae governed compared to how Harris is governing, there are similarities that cannot be ignored.

Harris is making the same political mistakes that Rae did during his time as premier.

In the 1990 election, the New Democrat Party (NDP), which had been the third party in the provincial legislature, became a majority government.

The NDP made a lot of promises in a package called The People's Agenda, which promised, among other things, a government-owned no-fault auto insurance system.

In June 1995, the Progressive Conservatives won the election because voters were mad at the NDP government for not fulfilling campaign promises, for higher taxes, a mounting provincial debt and perceived incompetence.

Harris, however, followed the NDP example and went for broke by running a campaign with an extreme platform — the Common Sense Revolution. Harris catered to the anger of the voters and became the leader of a majority government.

The NDP broke many of its campaign promises. Rae betrayed his own party's mandate when he enacted the Social Contract.

The Social Contract rolled back the wages of public sector workers, which angered the unions.

Harris has also broken campaign promises. The Common Sense Revolution contained plans to eliminate the budget deficit in five years by cutting government spending, except health care, education and police by 20 per cent.

Since being elected, the Conservatives have made cuts affecting health care, education and police services. Harris promised to bring in workfare, but, like the NDP and its no-fault insurance, the Conservatives have no clue how to make workfare work.

Harris is claiming to be reforming welfare — just like Rae brought us no-fault insurance. Harris is not reforming welfare. He is dumping it on municipalities.

Harris is starting to alienate his own supporters much as Rae did. With the swap of provincial and municipal responsibilities, property taxes will likely increase.

This likely tax increase is beginning to anger even longtime Conservative supporters, including the Ontario division of the Canadian Taxpayers' Federation and the 10,000-member Board of Trade of Metropolitan Toronto.

Harris's proposed 30 per cent povincial income tax cut will not happen until 1999. We are now saving closer to four per cent than the 30 per cent on our provincial income tax, which, for most, will be far outweighed by property-tax increases.

Harris and Rae were elected out of anger at the previous governments. They broke promises. Harris is starting to upset his own supporters as Rae did.

Will Harris's Conservatives be crushed in the next election as Rae was?

Maybe. However, Harris has the luck — unlike Rae — of not being premier during what was described by many economists as a depression.

The economy is in a slow recovery, but as voters, the Ontarians must remember it is not because of Harris.

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Kristine,
♥ Happy ♥
Valentine's Day!
Love,
Bob

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Happy Valentine's Day

♥ from SAC

HEALTH MATTERS

Helping sufferers deal with panic attacks

By DEBRA BRIGHT
Staff Writer

You're not losing your mind, having a heart attack, losing control of your life or dying, but you may be suffering from anxiety and panic syndrome.

Many people who suffer from this disorder can experience such irrational fears.

Simple tasks such as driving a car, flying or going out in public can result in debilitating attacks.

This disorder was the topic of a free seminar by Mike Glugosh at the Holiday Inn in St. Catharines on Jan. 22.

Glugosh is touring to promote the program "Attacking Anxiety," which was created by Lucinda Bassett, who is also the founder of the Midwest Centre for Stress and Anxiety Inc., in Oak Harbor, Ohio.

She has been featured on hundreds of television programs including *The Oprah Winfrey Show, Live with Regis and Kathy Lee, The Maury Povich Show, Faith Daniels* and *A Closer Look.*

Symptoms of anxiety include heart palpitations, chest pains, dizziness, stomach problems, bewildered and spaced out feelings, confusion, shortness of breath, scary thoughts, trembling or shaking and nervous or panicky feelings.

The origins of anxiety and panic syndrome are biological, genetic and learned behavior and personality traits, said Glugosh.

Some of the personality types that are most often associated with anxiety are overly analytical, emotionally sensitive, easily irritated and obsessive thinkers or those suffering from low self-esteem.

"Our thinking sets off chemical stimulants, which changes our way of thinking," said Glugosh. "A fight or flight response is created by overreacting in numerous situations. Our heart beats faster, we think faster, our vision is sharper and our breaths become short and choppy."

Glugosh, who himself suffered from the disorder, said anxiety sufferers are much better at the negative than the positive. "The average person has 300 negative thoughts a day, but those who suffer from anxiety have 600 to 900 negative thoughts a day."

He said to develop coping skills such as negative-positive dialogue, which is replacing a negative thought with a positive thought.

Another suggestion is to live in the present — to live right here, right now. "Our brain was designed to deal with one thing at a time and that one can become overwhelmed when thinking of more than one thing."

Diet and exercise are also important. Stimulants such as coffee increase anxiety. Medication can help, but it doesn't cure. It only lowers or suppresses symptoms and doesn't change the way one thinks, said Glugosh. He cited anxiety as the number one reason why people abuse alcohol.

Exercise burns off excess anxiety, it gives one more energy and it releases endorphines, which produce a natural high.

Glugosh, who has been free of panic attacks for five years, said change takes time.

By the end of the 15-week, self-help, self-awareness "Attacking Anxiety" program, Glugosh said he was about 70 per cent better, and it took him about a year to recover completely.

Glugosh concluded his lecture by saying not to be afraid of anxiety. He said to stop avoiding the things that are bothering you, but instead, understand why they are happening. Above all, he said, enjoy life.

For more information about the "Attacking Anxiety" program or the Midwest Centre for Stress and Anxiety call 1-800-318-7766.

Health centre open to help

By JENNIFER HARDING
Staff Writer

Niagara College's health centre, one of the most busy places on Welland campus, is open throughout the year to help keep students healthy.

Located in the Lundy wing, it is staffed by a full-time registered nurse, Carolyn Hurst, as well as a doctor who comes into the centre one morning a week. Appointments with the doctor can be made with Hurst.

The health centre provides advice and counselling about any health concerns and a quiet place to rest when necessary.

Hurst says while the centre is able to assist with any health problems, it is also geared towards prevention.

As well as providing information on different health issues, the centre is involved with students in different programs where health requirements must be met.

Different months are dedicated to different health issues which the health centre promotes. January was Weedless Wednesday month for anti-smoking and February is Heart and Stroke month.

Hurst said she keeps learning and searching for new answers for everyone.

"No problem is hopeless when you can't think of a solution. Someone else can assist you. All you have to do is ask," Hurst said.

The health centre is now gearing up for the stress months of February and March, she said.

"We've had a busy fall," Hurst said. "The nice thing about our job is that it is constantly changing."

She said the health centre has been busy dealing with the flu bug lately.

"We are enjoying our student population," she said, adding there are continuing challenges which make the job more interesting.

The health centre is open Monday to Friday, 8:30 a.m. to 2:30 p.m. Christine Philbrick is the health nurse for the satellite campuses. She is at the Mack Nursing Education Centre on Mondays, the St. Catharines campus on Wednesdays and Fridays and the Maid of the Mist Centre for Hospitality and Tourism in Niagara Falls on Thursdays. She is available from 8:30 a.m. to 2:30 p.m.

My diet is my choice

By JENNIFER HARDING
Staff Writer

I find it amazing how many people just don't understand.

It's not like I'm telling them to do it.

It's not that I'm offending their morals by choosing this for myself.

I'm simply choosing what I want to eat.

I am a vegetarian and have been for almost three years now. And no, I am not hungry.

I am shocked at the ignorance about vegetarianism such as the question about being hungry.

First of all, there are different types of vegetarians. I am a lacto-ovo vegetarian, meaning I eat milk products and eggs.

Eating fish is not considered part of a vegetarian diet but is labeled as semi-vegetarian.

The comments about my diet range from concerns about my health to suggestions to ignore my principles. Sorry, that's not going to happen.

People seem to think that "a little meat" won't hurt me, or that I should stop because it makes people want to avoid having me as a dinner guest because it is difficult to plan a menu.

It really isn't that difficult, but to these people I offer to bring something for myself. They refuse.

Because of what I feel, a little meat will hurt me. I know that I haven't supported the meat industry if a little bit of beef or chicken falls into my meal, but I simply cannot eat it. The thought of eating the flesh of any animal disgusts me. I could not and would not eat it.

So, to those who take my diet personally, I neither know why nor how it affects you. I only ask you to try to understand that I have the right to eat how I want.

I am following my own morals.

Hypertension has few symptoms

By JENNIFER HARDING
Staff Writer

Listening to our bodies is important in reducing high blood pressure, Niagara College Nurse Carolyn Hurst says.

To lower blood pressure, it is necessary to "stop smoking. Learn other means for reducing stress.

"The best thing you can do for yourself is exercise," she said.

"Other good methods of relaxation are visualization, aromatherapy, meditation and massage therapy."

She said it is important to view a symptom such as a headache as a warning sign.

"Listen to your body," she said.

Information on blood pressure and its importance is available through pamphlets provided by the Heart and Stroke Foundation.

Blood pressure is one of the most important aspects of a physical examination but few people know how to interpret the reading.

Blood pressure is created by the force of blood pushing against the blood vessels' walls as it flows through them.

A blood pressure reading consists of two numbers.

The first number is the pressure when the heart contracts. It's called the systolic blood pressure.

The second number is the diastolic number. If it is below 90 it means the blood pressure is normal.

If it is between 90 and 99 it is slightly above normal, but that doesn't mean high blood pressure.

A blood pressure with the diastolic number between 100 and 114 is elevated and above 115 is very elevated.

If you have normal blood pressure and are not on any medications for your blood pressure, it should be checked every one to two years.

If it is slightly above normal it should be checked within the next six months.

If it is elevated, you should consult your physician within one week, and if it is very elevated, within 48 hours.

High blood pressure is called hypertension and can lead to heart disease, stroke or kidney disease.

Causes of high blood pressure vary with heredity, age, excess weight and high salt consumption.

Headaches are a major symptom of hypertension, as well as generally not feeling well, but it can also have no symptoms.

Workshop show coming soon

By JENNIFER HARDING
Staff Writer

The 13th annual Canadian Workshop Show is coming to Toronto on Feb. 28 to March 2.

The show, taking place at the International Centre, is expected to draw about 20,000 people, says Laura Mandell, of public relations/media relations for Wafwot Communications.

The show will include contests, prizes and opportunities to get tips from professionals in different fields.

This year there will be more workshops for crafts. Television-personality Morag Smith will be conducting craft seminars and demonstrations on March 2.

Guests at the workshop will include Scott Phillips of Public Broadcasting System's *American Workshop*, Red Green (Steve Smith) of the *Red Green Show* and Jon Eakes from Life Network's *Renovation Zone.*

Other events include a walk-in woodworking contest, the mystery tool contest, a dream workshop with a chance to win more than $10,000 worth of Delta-Porter Cable tools and a children's corner.

IN THE SPOTLIGHT

Officiating Snowfest '97, Joe Habib, 22, Student Adminstrative Council vice-president of athletics.
Photo by Adam Kieswetter

The Sado-Masochists and the Doo-Wop Girls celebrate after winning the air-band competition.
Photo by Jeff Garrett

Girls having fun

By ADAM KIESWETTER
Staff Writer

Heads up, guys. The gals of Snowfest have a thing or two to tell you.

Niagara College's equivalent to the winter Olympics — Snowfest '97 was held Jan. 20 to 24 and the only two female participants said they weren't intimidated at all by their high-spirited male competition.

The peppy pair, Siobhan Deprez, 25, and Tammy-Rae Taylor, 22, (the Doo-Wop Girls) both first-year Computer Programming and Analysis program students, said they had a hard time during Snowfest but can understand why.

"Some guys just can't handle being beaten by girls," said Deprez, the day after the Doo-Wop Girls won Snowfest's air-band competition. "They said we just won because we had skirts on. We won because we deserved it."

The air-band competition was held in the After Hours pub and their spirit, performance, props and costumes are what won them the competition, said Deprez.

"We've been harassed throughout the whole thing," said Taylor, agreeing with her friend, and explaining "guys are competitive. They just don't like it when we beat them."

"It's been tough, but we did it for the fun of it. The guys are in it to win. We're just in to have fun," she said.

Deprez and Taylor started attending Niagara College in January. "We love it," said Deprez. "You get to meet new people, and we're having a lot of fun."

The two think events like Snowfest are a real boost for school spirit. Neither is lacking in that regard.

After giving it their all, they got a quick tow through the snow during the teeth-gritting tug of war competition. Huffing and puffing, they both sprang up and strode off the field. "At least we had the guts to try," said Deprez.

Tyler Blair, of the Sado-Masochists, misses the ball as teammate Tammy-Rae Taylor, of the Doo-Wop Girls, looks on during Snowfest's volleyball competition.
Photo by Brad Moscato

Jay Nicks, Bill Plaschka, and Brent Shergold received second in the air-band competition.
Photo by Jeff Garrett

The Horsemen attempt to round-up their opponents during the tug-of-war contest at Snowfest.
Photo by Heather Hunter

Air-bands battle it out

By JEFF GARRETT
Staff Writer

The Sado-Masochists and the Doo-Wop Girls strike a winning note.

The Snowfest air-band competition took place in After Hours after the comedy show on Jan. 29.

The decision was made after a hard-fought battle.

Receiving the first prize was The Sado-Masochists and the Doo-Wop Girls.

The winning air band consisted of Craig Baker, Tyler Blair, Tammy-Rae Taylor and Siobham Deprez.

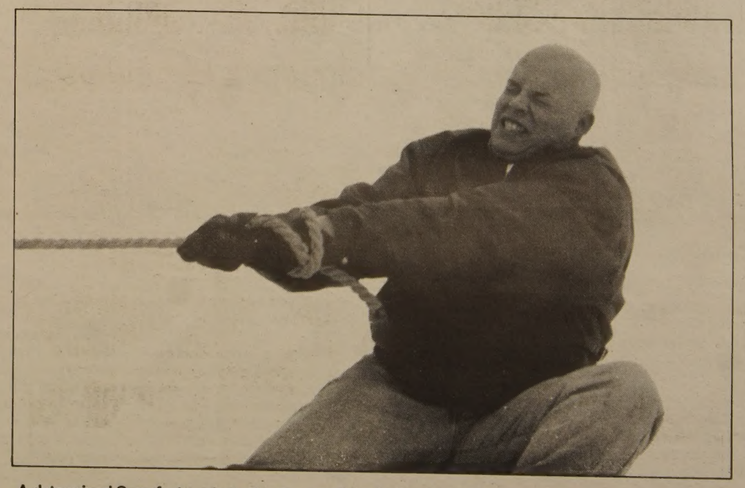
"We're drunk and crazy," said Baker. "We're just out to have fun."

The air band Drunken Lazy Bastards placed second in the competition.

"We gave it all we had but we will prevail in the overall."

The group consisted of Brent Shergold, Bill Plaschka, Jay Nicks and Thomas Hopkins.

"We couldn't compete with the girls in skirts. We won in 1995 and this year's no different," said Shergold.



A determined Snowfest contestant puts everything he's got into the tug-of-war competition.
Photo by Heather Hunter

INTERNATIONAL

Canadian culture learned in 'homestay family'

By HYOJEONG KIM
Staff Writer

As soon as Gary Marr pulls his car into the garage, "two boys" welcome him at the door with a big smile.

Although he doesn't talk back to them, they don't stop smiling at him.

Dinner's ready but he doesn't sit at the table. He takes off his coat and gets ready to serve his wife and "boys."

"I want hot sauce," says Chia-Feng Lee. Then, Marr opens the top shelf to get the bottle for him.

This is a typical dinner time for Marr. It usually lasts more than an hour.

Marr, 56, of Welland, always has a late dinner after serving his wife Denise and "boys" because "I want to keep my wife here (at table) to talk with the students."

Then he makes tomorrow's lunch for the students.

Since 1985, Marr and Denise, 56, have had two of the Niagara College's English as a Second Language program (ESL) students living with them.

They are a so-called "homestay family," arranged by the college's International Education department.

In a homestay, international students are supposed to live as part of the family, learning Canadian culture and English.

Marr says once he had Canadian students but "they just didn't work out because they came here to get away from their home."

Since they started to have ESL students, he says he has shared their culture and learned their language.

Marr says he's never had "any trouble living with ESL students. And I've never felt insecure with these guys."

Yoshikazu Kinjo says, "They are very nice and very comfortable." Kinjo, 20, of Japan, has lived with Marr for three months. "It's like my home."

"I moved here last September," says Lee, 21, of Taiwan. "They really care about me."

Marr is a clothing retail salesman in Port Colborne. And he has another job — helping international students buy "a suitable car."

Denise says her husband knows "a lot" about cars and people he can deal with. "I asked him to help students find a car," she says, because she found that many car dealers take advantage of the international students.

He never gets paid for this job, but he says he does his best because "I feel responsible for them (students)."

Marr says the hardest part of the job is to find a car under $2,000, adding, "students don't have a lot of money."

Denise says she often invites "my little friends (international students)" for dinner. "Their (her students') friends became my friends."

She keeps in touch with all students she has lived with and their friends. Many of them have gone to their countries.

Gary Marr, 56, and his wife Denise, 56, of Welland, make a good homestay family. They have lived with two of the college's ESL students for about 12 years. They say they've had no trouble with the students.

Photo by Hyojeong Kim

Marr says they always receive mail from other countries, but "we didn't get any mail today (Jan. 27). It's very unusual."

Every Mother's Day and Father's Day, they get phone calls "from all over the world.

"That's the best part. They don't forget us," says Denise.

Marr says he and Denise went to Mexico last year to visit one of the students they had.

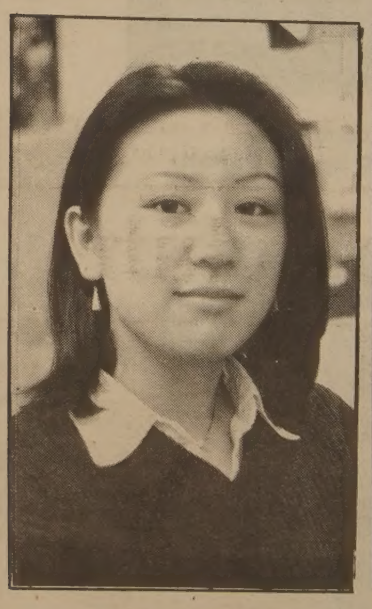
Their basement is fully decorated with gifts from the students: dolls, maps, clothes, books and about 100 photos they took with the students.

"The worst part is getting attached," says Marr. When the students go back to their country, "my heart gets broken because I might not see them again."

Last year, they had a Korean student for about six months.

"He was a perfect guy. He was so kind and courteous. And his sense of humor, . . . I miss him so much," says Marr, adding he wants to travel Korea to see all the Korean students he had.

How do international students enjoy living in Canada?



KEIKO UMEMOTO

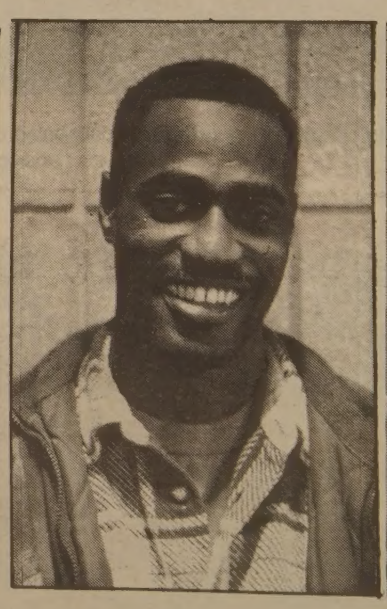
By HYOJEONG KIM
Staff Writer

Question: How do you enjoy living in Canada?

"I like being in Canada except for the weather," said **Keiko Umemoto**, 21, of Japan, a second-year Tourism—Tours and Attractions (Co-op) program student.

Umemoto has lived in Canada since May 1995.

She said she likes "meeting people from different countries."



BLENDON MCCREATH

"Gets boring sometimes because of the weather. I can't do things that I want to do," said **Blendon McCreath**, of Jamaica, a first-year Computer Engineering program student.

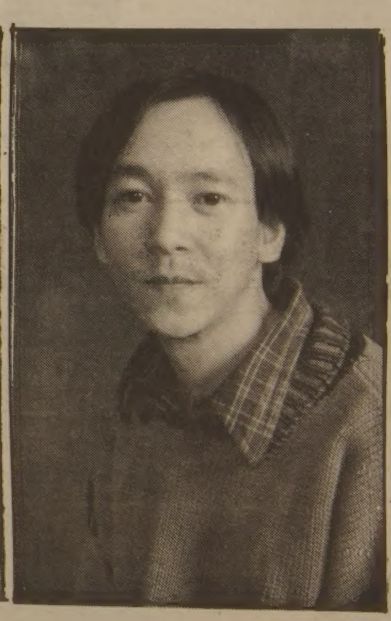
He said he has lived in Canada for more than 10 years but he still doesn't like snow.

SINYOUNG KIM

"I like being in Canada because I can get various opportunities to do activities which I can't get in Korea," said **Sinyoung Kim**, 20, of Korea, a first-year Early Childhood Education program student.

"I can go canoeing, skiing and riding a snowmobile."

She said she's been in Canada for about two years.



OANH PHAN

"It's like a coin — two sides," said **Oanh Phan**, 30, of Vietnam, an Interactive Multimedia (Post-diploma) program student.

After living four years in Toronto and four years in Ottawa, he said Toronto is a perfect place compared to other places.

"In Welland, I'm stuck with the computer."

ELAINE BERNARDINO

"I like living in Canada very much," said **Elaine Bernardino**, 21, of Brazil, an ESL student.

Bernardino came to Canada last December to learn English.

"I love skating. I go skating to Chippawa Park (in Welland) on weekends."

She said she loves to see Niagara Falls.

ESL students learn to surf the net

Internet connects students with home

By HYOJEONG KIM
Staff Writer

Niagara College's International Education department introduced the English as a Second Language (ESL) program students to the Internet at the computer lab in ME201 on Feb. 1.

Fiona Allan, 31, an ESL teacher and Sean Coote, 23, the international student adviser, helped students learn how to use E-mail and the world wide web.

"E-mail is a good way to communicate with home," says Allan. "It gives you connection with home. They (ESL students) can see what's going on in their country through the Internet" because students can read newspapers from their country as well.

"It's great," says Marie-Andrée Binet, 17, of Amos, Que., an ESL student. "You can see everything in the world, and you can E-mail everyone in the world."

Binet says she didn't have any opportunity to access the Internet before. "The only thing I used to do with the computer is typing."

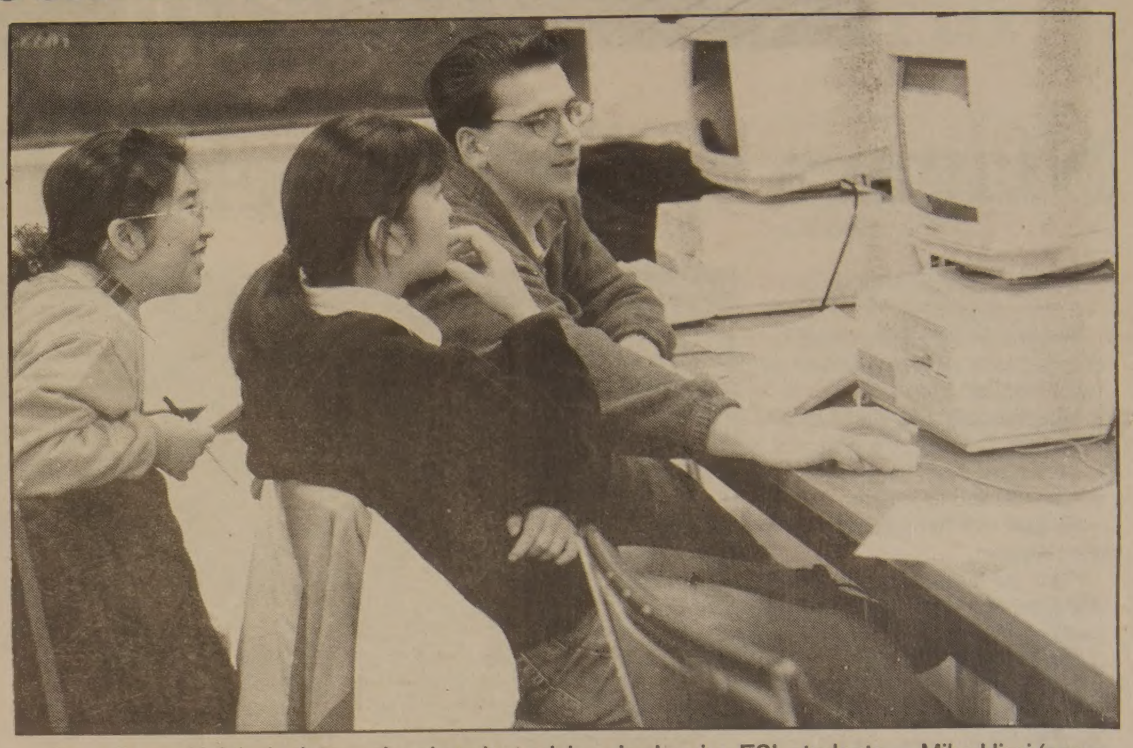
Ritsuko Shibakaki, 27, of Japan, an ESL student, says she knew "a little bit" about the Internet, but "I don't know how to use it exactly."

The students did research about their country through the Internet and practiced E-mailing.

"Sometimes they (ESL students) get bored on weekends. This is something that they can do on weekends," says Allan.

Allan says another advanatge is the ESL students can get to know students from other programs as they work on the computer at the college. "They get to talk to people sitting beside them," when they need help.

"If we keep doing this, we might start a computer club," says Allan.



Sean Coote (right), the international student adviser, is showing ESL students — Miho Hirai (centre), of Japan, and Sang-Hee Pai (left), of Korea — how to use the Internet.

Photo by Hyojeong Kim

Volleyball game makes smiles for ESL students

Students in the English as a Second Language program play volleyball as one of their monthly activities on Feb. 2.

Photo by Hyojeong Kim

By HYOJEONG KIM
Staff Writer

The English as a Second Language (ESL) program held a volleyball game on Feb. 2 at the college gymnasium as one of the monthly activities for the ESL students.

"Eda (Maddalena, an ESL teacher) and I arranged this game," says Nancy Spada, 30, an ESL teacher.

Spada says the ESL teachers try to plan activities every month for the students, and this is the first activity for February.

Maddalena, 37, and Spada also mingle with the students.

Maddalena brought all her family — two sons, Adam, 9, and Aaron, 7, and her husband Tony, 37, the Welland soccer team coach.

Hibiki Iida, 21, of Japan, a first-year General Arts and Science program student, started the game with Maddalena, Chia-Feng Lee, 22, of Taiwan, and Emma Nagy, 18, of Hungary.

None of them are good players, so they keep falling down and missing the ball.

It's not easy for them to serve the ball over the net. Whenever the ball touches the net, they laugh. Then they encourage the server to try again. They don't care about the scores.

Nagy seems to be a better player than any other. It's no problem for her to hit the ball.

"I love volleyball. I played in high school," says Nagy.

She says it is a good exercise for weekends because "I get bored on weekends" in Welland.

Sang-Hee Pai, 19, of Korea, says she likes to play volleyball. But she is sitting at a corner and watching the others playing because she hurt her thumb while playing earlier. "I wish I could play more," she says, looking at her thumb.

From time to time, the other students and teachers, one by one, come to her and ask how she is feeling. "When you go home, put some ice on it," Spada told her.

As time goes by, they get comfortable with receiving and hitting the ball.

They get sweaty and tired, but they never stop smiling.

After two hours of playing, they get close to the net and shake hands with one another, saying, "It was very good."

The game is finished. They are headed for home.

"It was very enjoyable," says Tony with a smile, adding, "They are good players."

Potential Michael Jordans sought by club

More players needed for basketball games

By HYOJEONG KIM
Staff Writer

Every Saturday, a small group of international students fill the Niagara College gymnasium, shouting, sweating and laughing.

There's no audience but none of them care.

Three of them dribble and pass the basketball, trying to throw it into the basket, while the other three defend the basket.

"All members are interested in basketball, so we can keep a good relationship," says Hibiki Iida, 21, of Japan, a member of the International Basketball Club at Niagara.

Iida, a first-year General Arts and Science program student, says he started to play basketball with other international students in May 1995, but it wasn't a regular exercise.

"In December (1995), we started to play regularly — every Saturday for three hours," says Iida.

"I've played basketball since junior high school," says Yoshikazu Kinjo, 20, of Japan, an ESL student.

Kinjo joined the club last November. He says he tried to find a place where he could play basketball as soon as he came to Canada.

"I like to play with them (international students), but we need more people," said Kinjo.

They use one basket when playing "because we don't have enough members for both baskets," says Iida. And there are always two or three absentees out of eight members.

Iida says it's not easy to find more people who want to join the club.

To make matters worse, they have to cancel their weekly exercise whenever college sports games are held in the gymnasium.

Iida says last Saturday "we couldn't play at Niagara College, so we went to St. Catharines YMCA." But they had to pay $8 to use the gym.

"We want to play every Saturday," says Iida. "But we can't reserve the gym because we don't belong to the college."

Iida said some of the members are not Niagara College students.

"We welcome everybody — even Canadians — who are interested in basketball. Please join us."

Hibiki Iida (left) and Yoshikazu Kinjo, the International Basketball Club members, are looking for more members.

Photo by Hyojeong Kim

SPORTS

Niagara splits in weekend volleyball match

By RANDY SYER
Staff Writer

Niagara College split two weekend games in men's volleyball in Etobicoke and Barrie.

Niagara defeated Etobicoke's Humber College on Jan. 29. Humber entered the game with seven wins and no defeats.

Niagara won three games to zero over Humber.

"Our guys came in very confident," said former head coach Ray Sarkis, who was filling in for head coach Blair Cudmore.

"They felt they could play with them and I think Humber was overconfident and really never got started."

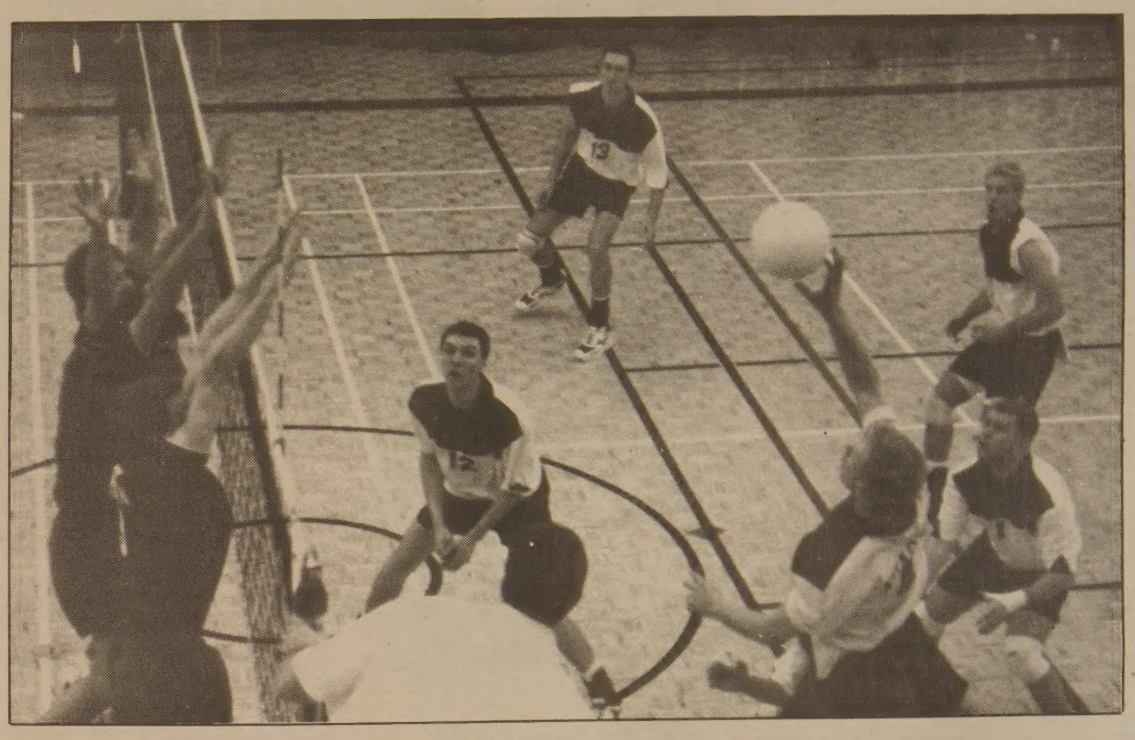
He said Humber "sided out" a lot and could never really score any clean points.

Leading the way for Niagara was rookie Kerby Bentley, who scored 14 points.

"They (Humber) made a lot of mistakes. We made very few," said Sarkis. "We played very good defense and made the best of our opportunities offensively."

Although Niagara won the game, they were outscored 72-45 in total offensive points.

"Humber outscored us offensively two-to-one, but probably half of those were just side outs," said Sarkis. "So there was the difference," he added. "We were scoring. They were not."



Niagara's Chris Wiarsma spikes the ball against the Georgian College defense.
Photo by Randy Syer

Other Niagara scorers were league all-stars Pat Deschambeault with 12 points and Paul Clark with eight points. Shawn Reimer also had seven points for Niagara.

In the second game in three days, Niagara faced off against Barrie's Georgian College.

The Knights, with home court advantage, came out quickly and jumped to a 12-4 lead. However, Niagara let Georgian get points and climb back into the match. Georgian went on to win the first match and never looked back, winning three matches to one (15-13, 13-15, 15-7 and 15-9).

"The thing I mentioned to the guys before the game started was don't allow this lower-calibre team to get confident," said Sarkis. "What did they do? They got ahead in the first game and laid back. They were going through emotions and weren't very aggressive. They allowed Georgian to come back."

Leading the way for Niagara was Deschambeault who scored 25 points as the Knights outscored Georgian 79-63.

Sarkis said after that the Niagara players started to hang their heads.

"They have to solve that before the playoffs get here because they're not going to last past the quarter finals if they keep hanging their heads.

"When things go bad they hang their heads and you can't play like that," said Sarkis. "Volleyball is a very emotional game and it's a very emotional game where you have to keep your head all the time."

He said the story of the game was the fact Niagara was siding out more than they were scoring. He said Georgian deserves credit for the win.

"They (Georgian) hit the ball very aggressively and we were getting beat in the middle."

Other scorers for Niagara were Bentley, who had 15 points, Reimer who chipped in with 14 points and Clark and Chris Wiarsma each with 12 points.

Niagara's next action is home against Hamilton's Mohawk College on Feb. 8 at 4 p.m.

Who has 'greatness'?

By RANDY SYER
Staff Writer

They're a dime a dozen.

Every once in a while there is an athlete hailed as "The Next One."

The next one?

Ah yes, the young prospect who exhibits signs of dominance in a sport. The athlete takes the reins from the legends before them and try to fill some very big shoes.

The young star's only problem is the pressure to become a great athlete.

What defines a great athlete? Are there certain standards athletes should follow to reach the next level?

Some say it's God-given talent propelling the athlete to higher standards. Others say it's hard work and determination bringing these prospects prominence in their sports.

These aren't the issues. The issues are: What makes the athlete great? What defines a great athlete?

Experts argue it's the number of career records the athlete holds while others say it's the number of championships. Could it simply be a player's longevity making one great or is it career consistency?

Although these arguments are valid, neither is correct, but I do have the answer.

Great athletes are the kind who can raise their game to another level when everything is on the line.

They make the team around them better, making average players good and good players great. They can change the momentum of the game in a single play and take the game over.

Players such as basketball's Michael Jordan, football's Jerry Rice, baseball's Barry Bonds, and hockey's Wayne Gretzky all improve the team by their presence alone.

They take their teams to the pinnacles of their sport. By doing this they cover every category experts put forward.

Some athletes are hailed as great athletes, but without the ability to rise to the occasion, making everybody around them better, they will never reach legendary status.

Niagara's men's volleyball team takes time to gather their thoughts.
Photo by Randy Syer

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Basketball team fighting for playoff berth

By RANDY SYER
Staff Writer

It was a big win for the Niagara College men's basketball team.

The Niagara Knights spread the ball around and got offensive help from everyone for the team's first win at home of the season.

Niagara beat St. Clair College of Windsor 89-79 victory on Jan. 31.

Leading the way for Niagara was all-star guard Mike Harris who hit four three pointers and ended up with 21 points.

"Obviously, I'm pleased," said Randy Conlon, the team's head coach. "It's the biggest win of the year for us, a satisfying win," said Conlon, who beat St. Clair for the first time in his three-year coaching career.

"The guys were hungry. I mean give all the credit to them, they played a great game and worked hard."

Niagara held a slim 40-39 lead in the first half with Harris scoring only five of his 21 points.

Conlon said one of the keys to the game was the change he made in the starting lineup by taking Jeff Eden from the starters and replacing him with Pete Mosley.

"Jeff had better minutes off the bench than he's had all year in the starting position. He played a really good game I thought," said Conlon. "Mosley did a fine job starting. He made some good passes and we got 13 points out of the two of them. Our scoring was really spread out."

Other scorers for Niagara were Derek Flindall with 19 points, Steve Dever with 18 points and Mike Hurley with 14 points.

"A huge confidence builder more than just a confidence builder," said Conlon. "But now, the guys also know what it takes to win."

He said it doesn't take talent to win a basketball game, adding "you can't just show up and win on talent alone.

"All I want to do is make the playoffs. I don't care where we finish," said Conlon. "Once you get in, any one can beat any one on any given night. As long as you bring your best stuff you can win."

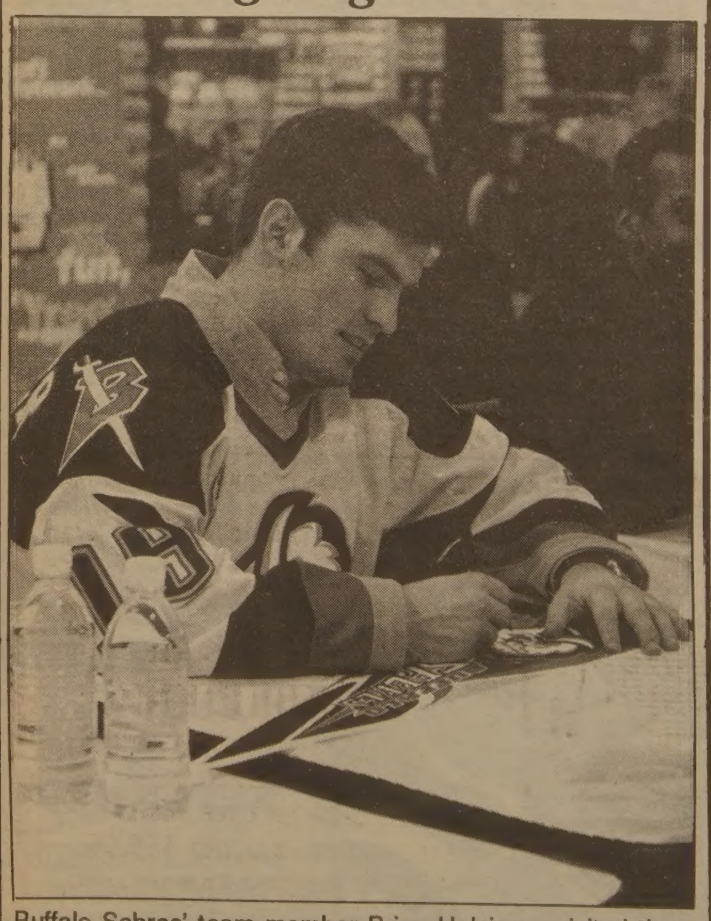
'All I want to do is make the playoffs.' —Conlon

The team's next action is at home against Redeemer College of Ancaster on Feb. 5 at 8 p.m.

Niagara Knight Steve Dever shoots two in an 89-79 win over St. Clair College of Windsor. Dever finished with 18 points to help the team's efforts in gaining a playoff spot.
Photo by Randy Syer

All-star Mike Harris goes strong to the basket and draws a foul.
Photo by Randy Syer

Sabre Signing



Buffalo Sabres' team member Brian Holzinger visited the Seaway Mall in Welland on Feb. 1 for an autograph session.
Photo by Hyojeong Kim

Teeing up for cash, helping others

By TANYA BRYAN
Staff Writer

A Niagara College student needs our help.

For the last six months, a third-year marketing student has been working with Big Brothers to put together a fund-raiser as part of his co-op placement. He helped them with fund-raisers and golf tournaments last year.

Big Brothers and Big Sisters invite everyone to Niagara's first Golf and Travel show.

Dave Creeden, 37, of Niagara Falls, said the idea came about when he "went to a golf show in Buffalo and didn't like the way it was run" so he decided to put on a show of his own.

Creeden, who has been a Big Brother for two years, said the purpose of Big Brothers and Big Sisters is to provide fatherless boys and motherless girls with a friend.

Volunteers take the children out once a week for three to four hours.

"I find if (I) can help one child, then it helps both him and me," Creeden said.

He said the Niagara Falls section is "percentage-wise, one of the bigger organizations in Ontario."

The non-profit organization gets most of its money from the United Way and supplements that funding through fund-raising.

"We're trying to draw people in from the whole Niagara Region," he said, adding the agency was spending $6,000 in advertising, a cost covered by the exhibitors who are renting the booths.

"We plan on making it a yearly thing."

Creeden said with the possible construction of a Niagara Falls Convention Centre "we hope to be bigger than the Toronto Golf and Travel Show."

"Set your goals high," he said.

The show is Feb. 14 to 16 at the Optimist Hall on Dorchester Road in Niagara Falls. About 38 exhibitors of golf-related items and travel consultants will be there on Friday from 3 p.m. to 9 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 5 p.m. Admission is $4.

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ENTERTAINMENT

MCA recording artists 'bedazzles' After Hours

By MIKE HASTINGS
Staff Writer

It was a hectic trip, but the band Made trekked to After Hours for an afternoon show on Jan. 28.

The Toronto-based quartet had van troubles and wrong directions, ending up in Niagara Falls, Ont., before making it to the Niagara College pub in Welland, to perform songs from their new CD **Bedazzler**.

Made's members are Jason Taylor, 29, on vocals and guitar; Simon Bedford-James, 31, on lead guitar; Frank Guidoccio, 23, on bass; and Alison MacLean, 29, on drums.

Made has been together for more than three years and recently signed to MCA Records.

"It's interesting and strange," said MacLean, who is originally from Montreal, about being on a major label. "We have lots of freedom with them."

The pub had an audience of 100 listening to Made crank out an hour-long set.

"It's guitar-orientated pop with lots of noise," said MacLean, about Made's sound. "Something like Sonic Youth and Frank Black."

'It's interesting and strange'
-Alison MacLean

Made is influenced by bands such as Archers of Loaf, Pavement, Sebadoh, Sonic Youth and The Pixies.

Made has played in clubs across Canada, opening for bands such as The eels, Archers of Loaf and Rusty.

"This is the first time we headlined a chili-eating contest," said Taylor.

The pub had a chili-eating contest as an event for the college's Snowfest just before the band came on.

"We did have a bikini contest open for us once," said MacLean. "I was afraid they would ask me to take off my top."

"We've played at universities in Toronto more," said Bedford-James, "because they are aware of who we are."

Made is taking its new **Bedazzler** CD to Whistler, B.C., for a two-day show and then will play across Canada.

If you have a chance to see Made play, you will like its "lots of noise" sound.

Made is on its way to making it.

Toronto-based quartet Made, from left Frank Guidoccio, Alison MacLean, Simon Bedford-James and Jason Taylor played After Hours on Jan. 28.

Photo by Mike Hastings

Movie sequel proves it's no 'City of Angels'

By MELISSA LABBE
Staff Writer

It's hard to fly when leaning on crutches.

Hollywood rears its commercial head once again with the release of *The Crow: city of angels*.

Appropriately, the original movie's feathers-and-human-eyes crow symbol has been mutated into a skeletal-crow icon. Hollywood's vultures took the original movie, gleened all the meat from it, threw away the substance and left a bare skeleton of remains for the sequel.

If the filmmakers thought they recaptured the spirit of the original film, they fell short of their mark.

The plot simply changes a few names and circumstances of the characters in the original movie, yet it fails to achieve the same depth.

Ashe Corven, a single father, watches as a band of drug peddlers kills his son before he himself becomes a target for their bullets.

Corven's spirit is resurrected by a crow to avenge his son's and his own death. In the name of justice, Corven kills the drug dealer's minions one by one and then their lord.

Between killings, Corven falls in love with Sarah, who is now a woman but was once the little girl

in the first movie. The adoration on her part is understandable. She still holds onto the child-like fascination she had for Eric Draven, after whom Corven's character was modelled. The motive for his infatuation is unclear.

The end of the movie leaves audience members unsettled. Sarah's death releases her from the mortal world she grew tired of; Corven's death returns him to his son. Vengeance was taken. Yet there is no catharsis.

However, if all audience members are interested in is a minor diversion, this is a shallowly entertaining film.

While the flick did not in any way meet the standards of its predecessor, it was followed by a truly inspiring interview with Brandon Lee. Among other things, Lee spoke of childhood memories that are the essence of us and yet the few times in our lives we will live to recall those memories again.

The irony of his point, in light of Lee's death, rings clear: cherish the moments of your life, for you never know how many moments you have left.

More laughs at After Hours

By JEFF GARRETT
Staff Writer

About 120 people watched the uncanny humor of Paul Smith, of Niagara Falls, and Stephen Cox, of Toronto, at After Hours on Jan. 29.

Stephen Cox, the headliner of the night, has been doing comedy for about 10 years.

"I was your typical class clown," said Cox. "I was in a band, but they said I was wasting my time with them. They said I should do stand-up comedy. Ten years later I'm still doing it."

'I made it past probably hundreds of other comics'
-Stephen Cox

The 33-year-old comedian began his career by opening for bands such as Glass Tiger and Colin James.

"On New Year's Eve two years ago, I opened at North York City Hall. The bands coming on were 13 Engines, I Mother Earth and The Watchmen," said Cox. "I had to perform for 20 minutes and I was done. The crowd didn't think I was very good, but it was one of the best times of my life."

Stephen Cox, of Toronto, does his impression of Rocky Balboa at After Hours.

Photo by Jeff Garrett

Cox performed at Niagara College in 1995. He said the crowd that time was "a bit rowdy," but it made "a better show that way.

"Comedy is in my blood. I'd like to write scripts for television, but I need the discipline to do it."

Cox recently auditioned to perform on the Conan O' Brien Show in New York City and got a call-back for a second audition.

"It means I'm doing something right. To get a second audition means I made it past probably hundreds of other comics, which is a great sign."

Cox's next performance in the area will be on Valentine's weekend at Yuk Yuk's in Niagara Falls.

Everybody don't jam

By JEFF GARRETT
Staff Writer

Excuse me while I yawn.

I'm yawning because of Scatman John's new CD, **Everybody Jam!**

My problem with the CD begins with the repetition of the songs. They differ by a beat or two, but they're so similar to each other they could all be combined for one big song.

A second problem is the lyrics in the songs. When people listen to music, they try to get a feel for the lyrics. It's the backbone to a song. With Scatman John, I couldn't understand a word he was saying, which made it unnecessary noise. The only exceptions to this complaint are the songs *Message To You,* and *I Want To Be Someone.*

The third problem is the scatting. It's a unique skill to acquire, and it sounds good for a song or two. However, it becomes very monotonous after 14 songs.

I feel I should shed some optimism on the CD, so I'll commend the trumpet playing that occasionally is heard in the background. I'll also commend his scatting ability, but less scatting and a little more variety would be highly recommended.

In case you haven't figured it out, I would not recommend **Everybody Jam!**

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'Weeping' evokes elation

By SAMANTHA GOLDWIN
Staff Writer

Alterna-pop has hit South Africa in a band called Qkumba Zoo.

Wake Up and Dream, an 11-song soundtrack, is pop-rock which combines native African rhythms with sounds similar to those of New Order and Pet Shop Boys.

On the CD, there are songs which convey strong awareness of and gleeful messages for the South African people. *Weeping,* an anti-apartheid epic, describes the emotional impact unleashed in South Africa after Nelson Mandela was elected president.

Happy Earthday is a song of celebration.

Looking at the cover of the CD may make you take a step back, but appearance means nothing.

Members of the band have unique, eye-catching appearances.

There are two females: Tziki, who is cat-like, tattooed, pierced and Mohawk-haired; and Levannah, a studio whiz/multi-instrumentalist with blue lipstick and a shaved head except for a pointed blue patch of hair in the middle of a scalp decorated with glittering stars, half moons and rotating eyeballs.

The only male, Owl, is a composer with long, multi-colored strands hanging from his scraggly goatee.

Voices and lyrics outweigh all other things.

If you're interested in fast-paced music, it's worth giving a listen to. This may be the next big band of the 20th century.

Author has linear writing style

By ADAM KIESWETTER
Staff Writer

In Vancouverite Douglas Coupland's fifth publication, *Polaroids From The Dead,* we find the same socially perceptive author as in *Generation X,* albeit sensationally more so.

Polaroids From The Dead is less a streamlined episode than it is exactly what its name indicates: a collection of visual and emotive mental pictures. "Postcards" from another time, and another place. "Polaroids" from the past — from the dead.

Coupland, who knows who read and enjoyed *Generation X,* has adopted a more accessible format for *Polaroids.*

The layout of the passages and chapters of the book, are flighty and pleasantly disjointed. The sporadic nature of his scribing is equally uneven. He bounces from person to person, perspective to perspective, past to present. You're always wondering where you are.

Aside from the undecided direction of his message, there's a cool, outlandish karma to all his characters making up for any loss of linear writing style. You can relate to them no matter *where* or *when* they are.

Admittedly, Coupland does get a little annoying from time to time when he dwells, for what seems like a thousand ultra-tiny type pages, on some obscure American pop-culture phenomenon or idiosyncrasy. In retrospect, he can be forgiven. As far over the top as some of his mental meanderings seem, it is safe to say Coupland does everything for a reason.

Coupland is a very conceptual author. His tales have more than just morals. They have an ironic majesty in their meaning that only a 90s' brooder could appreciate. He's so special at some points — so intimate — it makes you want to weep.

His most striking message is "denarration." Within the last decade, he propounds, technological achievement (which has lead to "information linkage" of obscene proportions), has subtly sandblasted social storylines. Eroded to the point where we can be alive, without a true sense of family, history, culture, religion, class strata or any ideology.

In our struggle for technological accomplishment, we tend to overlook the importance of things like corporeal contact — almost as if we were evolving to a state of becoming nothing more than misbegotten thinking machines ourselves. Stripped of what it means to be human. Denarrated.

Interesting as that may be, Coupland takes his theory one step further. He optimistically goes so far as to suggest perhaps this in the next evolutionary step.

"How are we to know the people with 'no lives' aren't really on the frontier of human sentience and perception?"

Ice cold vocals come through full force on new CD

By CHRIS GREEN
Staff Writer

There's no time for fakin' jacks, the infamous Mobb is back.

Hell On Earth, Mobb Deep's long awaited sophomore CD, dropped in early January. If The Infamous . . . left you wanting more, then this CD is a must have for hip-hop fans.

The title track *Hell On Earth (Front Line)* is the first single. It takes you on a trip to a place where the sun just doesn't seem to shine. More Trife Life picks up where Trife Life (The Infamous . . .) left off.

The track *Extortion* features Method Man of the Wu-Tang Clan. The track *Nighttime Vultures* features Raekwon, also of the Wu.

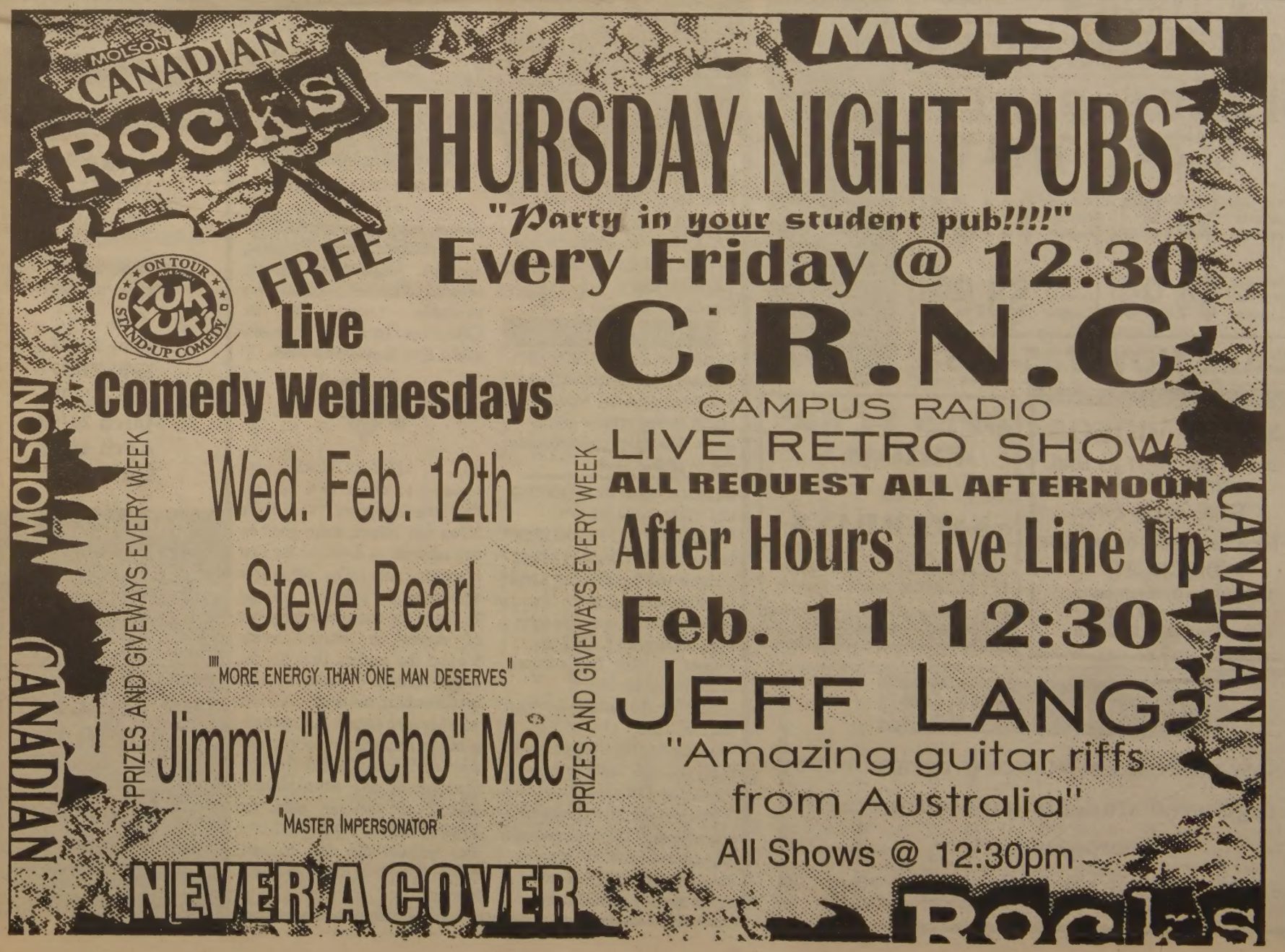
It wouldn't be a Mobb Deep CD without Big Noyd. He's featured on the tracks *Man Down,* and on *Give It Up Fast.* The latter also features Nas.

Prodigy or Pee's ice cold vocals come through full force on this CD, as do those of his counterpart Havoc. Havoc's production of the CD and his ability to make beats flow so well with Pee's vocals are astounding.

The CD has 14 tracks, plus a bonus track available on the Internet at the Loud Records website where a code will reveal the track.

The CD has an added bonus. You can pop it in your CD-Rom drive and view a multimedia presentation.

For more information on Mobb Deep or any other Loud recording artist check the website at www.loud.com.



Friends find a friend for singles

By HEATHER HUNTER
Staff Writer

Everybody needs a friend.

That's the attitude of Jan Shah, the founder of an organization for people looking for friends in St. Catharines.

Shah said Friends includes male and female singles, ages 25 and older.

The group gets together twice a week. They take trips to Yuk Yuk's Comedy Club in Niagara Falls and the annual Grape and Wine Festival in St. Catharines. The group also meets to play darts and pool.

"It gives singles a social place to meet people," said Shah.

Once people hit their late twenties, most of their friends are married with children, she said, adding the Friends program lets singles have "a great social life and, above all, meet new people."

The group usually meets Wednesday and Thursday nights as these are the nights people like to go out, Shah said.

She said the Friends organization is not a dating service. It's a group of mature adults who get together to have "a great time with no expectations," she added.

FRIENDS
Niagara's Event Planner for Singles

"There was a large response and a need for this (Friends organization) in Niagara," said Shah, adding "groups like this are quite common in the Toronto area. So, why not in the Niagara Region."

The organization started last November.

On Feb. 14 (Valentine's Day), Friends will be hosting a Valentine's Day dance at the Ramada Parkway in St. Catharines with proceeds going to the United Way.

Doors open at 8 p.m. and close at 1 a.m. Tickets cost $10 in advance and $12 at the door.

Guests can win wine, gift certificates, gym or tanning memberships and tickets to Yuk Yuk's Comedy Club.

Bugs can be found anywhere

By JENNIFER ELLIOTT
Staff Writer

Every weekend of every summer in most countries around the world, enthusiasts gather to share their love of the historic Volkswagen Beetle, known widely as a Bug.

Bugs can be found almost anywhere in the world, decorated in all colors and in many variations, like the Baja or the sand rail. These cars are even famous in the movies, whether parked in the background or being driven.

The beginnings date to Adolf Hitler's desire to produce a car that the average family could afford.

Paul Wager, author of *Beetlemania*, states that through a contract made in 1939, Ferdinand Porsche designed the Volkswagen Beetle.

According to Wager, 1975 marked the beginning of the end for the Beetle as a result of the success of the new VW Golf.

In 1978, the last of the German-built cars left the assembly line and all European production ceased. However, the Mexican and Brazilian factories continued to manufacture the car for the same reason that Hitler wanted the car: low cost.

In 1995, the Beetle celebrated its 60th birthday. Wager states more than 21 million of them have been manufactured and still are being produced in Mexico and Brazil, as well as a few specialty shops in Europe.

A new version of the Beetle is expected before the end of the decade. Once famous for its rear-engine, the Beetle now features a front-mounted engine and safety features like air-bags, but the same round shape still remains.

One of the reasons behind the Beetle's popularity is its simplicity. Its character is legendary. Whether it be restored, painted, converted, nick-named, or even a toy, the Beetle's charm has worked its way into the lives of millions around the world.

What started as Hitler's "people's car" has become the car of the century, and people throughout the world have an affinity with the cheerful Volkswagen Beetle.

LOCAL BANDS WANTED!

The Niagara News is looking for LOCAL BANDS who have released a CD within the past year and want some FREE publicity in our Local Band Supplement to be out March 21/97 issue.

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Welland Campus (SE102) now welcomes drop-ins, Monday to Friday during regular office hours. Scheduled appointments also available.

INTERESTED IN SERVING ON THE COLLEGE'S BOARD OF GOVERNORS?
In April, 1997 Niagara College students will be selecting a representative to serve on the Board of Governors for a one-year term from September 1, 1997 to Auguct 31, 1998. The functions of the Board are to :

- establish the College purpose and direction.
- ensure that the College is effectively and efficiently managed.
- establish College-wide policies.
- promote effective communication with the College community.

Regular meetings take place on the second Thursday of the month starting at 5:30 p.m.

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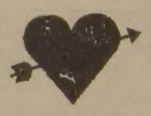

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Feb. 14/97
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Feb. 28/97
March 21/97
April 4/97
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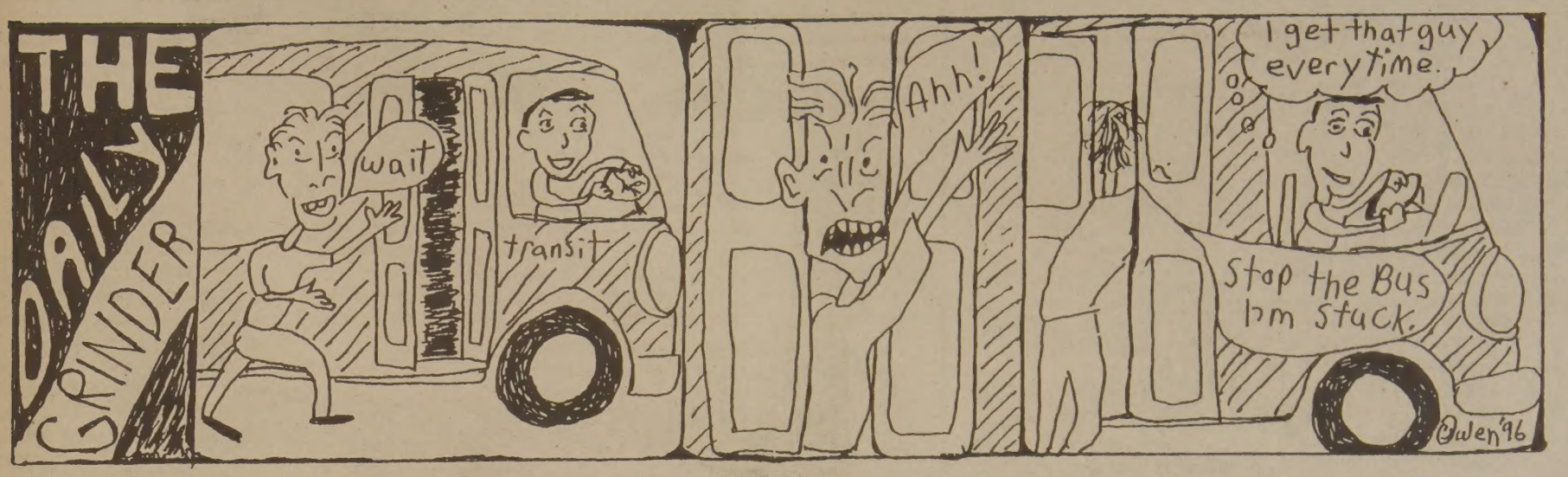

Gemini, share the spotlight with others

By KERI-LYNN SMITH and PENNI TONEGUZZO
Staff Writers

Here are your horoscopes for the weekend of Feb. 7 to 9.

Aquarius (Jan. 20-Feb. 18)

You've been feeling like you have no time to yourself. More effective planning of your activities might be the solution. Lucky numbers: 4, 45

Pisces (Feb. 19-March 20)

Feeling left out? Be willing to try something new, and you'll be invited more often. Lucky numbers: 15, 33

Aries (March 21-April 19)

A kind word will let someone know you care. Compliments can do amazing things. Lucky numbers: 8, 46

Taurus (April 20-May 20)

It takes a strong person to admit a mistake. Be a powerhouse. Lucky numbers: 5, 22

Gemini (May 21-June 21)

You just love to be in the spotlight. It wouldn't hurt to share it once in a while. There's enough to go around. Lucky numbers: 44, 68

Cancer (June 22-July 22)

Think before you speak. You might hurt someone's feelings with words you don't even mean. Lucky numbers: 19, 26

Leo (July 23-Aug. 22)

Memories of your childhood make you think of old friends. Give one of them a call. You'll be surprised with what your pal has to tell you. Lucky numbers: 5, 89

Virgo (Aug. 23-Sept. 22)

Your ambitions are running wild and free. Join a team or take on a new task. You'll be very happy with yourself. Lucky numbers: 2, 63

Libra (Sept. 23-Oct. 22)

Friends ask you for favors and you turn them down? Think about present situations when you needed their help. It is your turn to return the favor. Lucky numbers: 47, 71

Scorpio (Oct. 23-Nov. 21)

Your claws are rather sharp! You seem to be under the weather and snappy towards others. Think before you speak or you may lose a close friend. Lucky numbers: 32, 55

Sagittarius (Nov. 22-Dec. 21)

The water and wind will collide this evening, causing you to feel confused and unhappy. Don't worry, this feeling will pass. Go out and participate in an activity that you enjoy. Lucky numbers: 14, 42

Capricorn (Dec. 22- Jan. 19)

A loved one is in a tough spot, and you are getting worked up over the problem. Don't make other's decisions, but be there with a shoulder to cry on. Lucky numbers: 34, 75

Word Search: Hollywood's finest stars

By PENNI TONEGUZZO
Staff Writer

ANTONIO BANDERAS
ALEC BALDWIN
CHRIS FARLEY
CINDY CRAWFORD
CLAIRE DAINES
COURTNEY COX
COURTNEY LOVE
DEMI MOORE
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MICHAEL DOUGLAS
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Student bursary trust fund boosted by donation

By ADAM KIESWETTER
Staff Writer

The Niagara College Foundation and two local hospitals were awarded a $5,000 cheque by the Niagara chapter of the Canadian Institute of Chartered Life Underwriters (CLU) and Chartered Financial Consultants (CHFC).

The $15,000 donation was due to an "innovative" new program assisting charities by promoting "planned giving."

The $5,000 contribution to the college is being matched by the Ontario government and has been directed to a Niagara College student bursary trust fund.

Income from the $10,000 bursary will assist "qualified students who are in need of financial assistance while attending college," said Don Johnston, vice-chair and CEO of the Niagara College Foundation.

Johnston and Niagara College President Dan Patterson accepted the cheque Jan. 31 at a ceremony at the White Oaks Inn in Niagara-on-the-Lake.

The Greater Niagara General Hospital Foundation and the St. Catharines General Hospital Foundation were also each awarded a $5,000 cheque.

The donations may be an outcome partially due to a 1993 14-minute marketing video made by Niagara College Broadcasting-Radio, Television and Film program students. It was designed to introduce potential donors to the concept of planned giving. It described how viewers could increase their charitable gift through effective financial planning.

The video has been seen at seminars held by the institute's various chapters across Canada.

As cutbacks in government funding continue, planned giving is increasingly becoming a major source of alternative funding for charitable organizations, said Jeff Smith, vice-president of the Niagara chapter of the CLU.

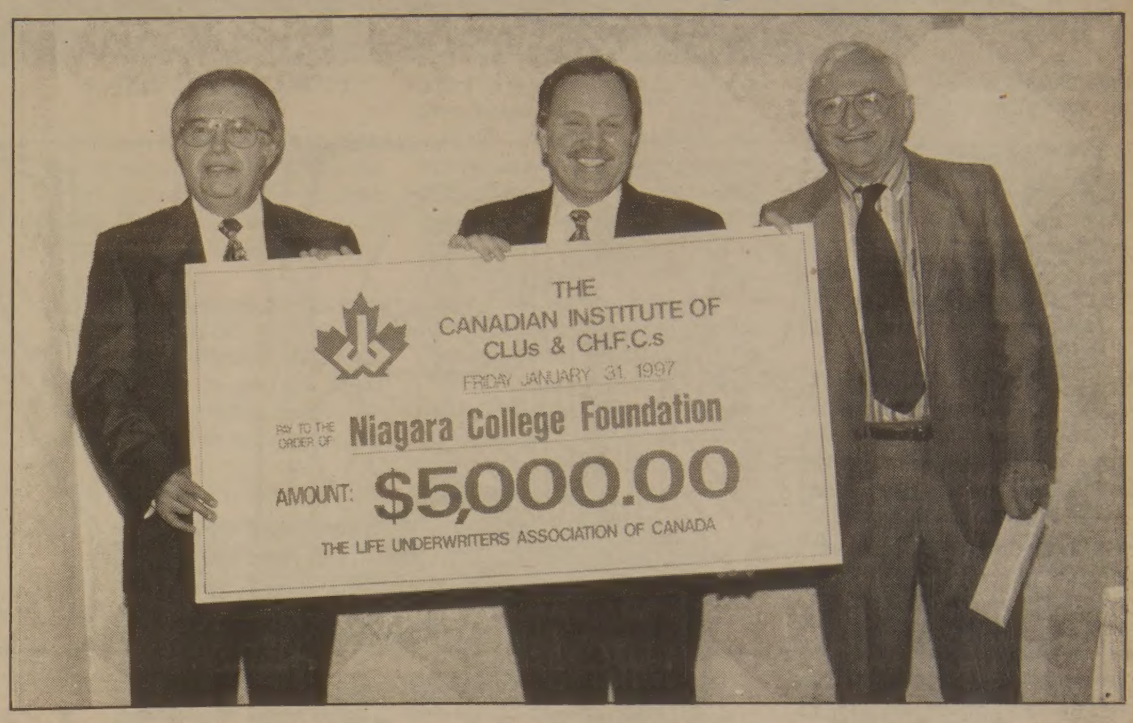
"It essentially runs by using tax rules," Smith said. "You can maximize the amount of money you give to charity instead of the amount of money given to the government."

What makes planned giving even more attractive to donors, according to the institute, is tax legislation introduced in 1996 which allows a 50 per cent tax credit on the donation.

The government's promise to match any donations made to the "Double Your Dollars" Student Bursary Trust Fund at Niagara College is what makes the donation to the college such a gainful exercise.

"It's really critical the college makes an extraordinary effort to try to generate as many bursaries as we can," said the college's president.

Patterson said bursaries created by community donations are becoming increasingly important because they do such much "to offset the hardships students face" while coping with rising costs in education.



Don Johnston, of the Niagara College Foundation and Dan Patterson, Niagara College president, receiving a $5,000 donation from Chartered Life Underwriters representative, Charlie Pryer.
Photo by Adam Kieswetter

New venue updates community

Staff Writer

Niagara College President Dan Patterson has created a new venue for informing the Niagara College community about developments affecting the college.

With every issue of In Touch, the internal staff newsletter, there will be a supplement called In Touch with Change.

The opening statement of the inaugural issue says "This new publication has been developed to keep our college community informed about important issues which will have a major impact on Niagara College."

Each edition will focus on one issue — the first is the 1997-98 budget process.

It is published by the president's office through the Communications and Planning Department.

Snowfest attracks new faces, boosts spirits

(Continued from page 1)

inconsistent, say SAC executives.

One possible explanation voiced in the past could be the absence of a student residence. Habib disagrees.

"We had eight teams, with six members on each team, for an all week event," he said. "This shows we can have school spirit without the presence of a residence.

"I saw people at Snowfest I've never seen before. People were jumping, yelling, screaming and having some fun."

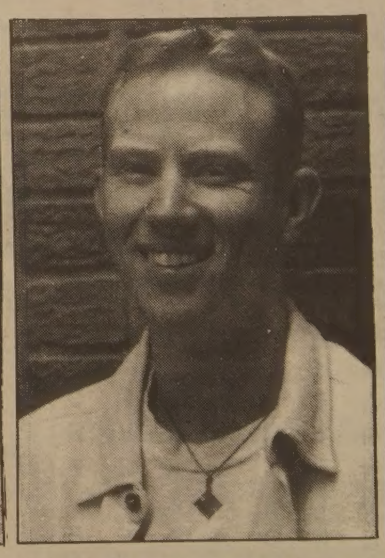
School spirit could be growing at Niagara with SAC's continued commitment to change the college's image of being a commuter school.

"Hopefully, students here become more aware of the activities available," said Setchell.

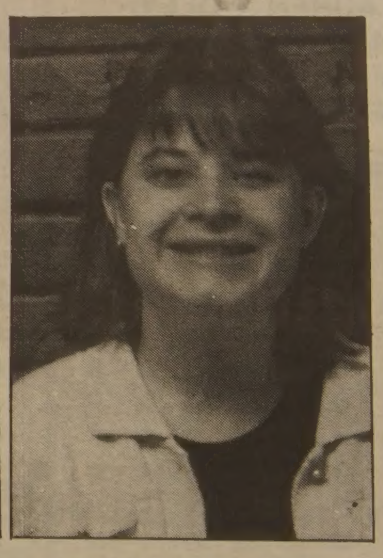
Advertisements providing information about SAC events can be found around the campus, she added.

Word on campus: how do students rate SAC?

JENNIFER KELLY



CHRIS WIERSMA



SHANNON HONEY

JANE BORN

SHANNON FLOWERS

By ADAM KIESWETTER and BRAD MOSCATO
Staff Writers

How about school spirit, Niagara College?

Jennifer Kelly, a first-year Legal Assistant program student, said SAC is doing an "awesome" job.

"You have to understand they have classes too," she said.

However, Kelly said she isn't as involved with the activities this year.

Chris Wiersma, a second-year student in the Recreation Leadership program, said he spends most of his spare time playing volleyball for Niagara, but indicated he sees a lack of effort on SAC's part to fill the seats for the games.

"Maybe they could promote varsity games more," he said.

"I have no idea what is going on with SAC whatsoever," said Shannon Honey, 20, a first-year Office Administration Executive program student from St. Catharines.

"Possibly, I would get involved in the activities if SAC promoted them better."

The activity fee is not worth the money, she added.

Jane Born, 23, enrolled in the Public Relations post-diploma program, travels from St. Catharines to the Welland campus three days a week, but said "there are more activities at the St. Catharines campus."

"SAC is doing an OK job, but there's always room for improvement."

Shannon Flowers, a first-year General Arts and Sciences program student from St. Catharines, said SAC isn't doing its job.

"I don't hear about anything SAC has to offer," she said. "They could do a better job."